R. B. M. 440

THE LADIES CABINET

ENLARGED and *OPENED:*

879

Containing

Many Rare Secrets, and Rich Ornaments of several kindes, and different uses.

Comprized

Under three general Heads.

Viz. of
1. Preserving, Conserving, Candying, &c
2. Physick and Chirurgery.
3. Cookery and Housewifery.

Whereunto is added,

Sundry Experiments, and choice Extractions of Waters, Oyls, &c.

Collected and practised,

By

the late Right Honorable and Learned Chymist,

The Lord RUTHUEN,

With Nou. 1st

A particular Table to each Part.

London, Printed by T.M. for *M.M. G. Bedell*, and *T. Collins*, at the middle Temple-Gate, Fleet-street. 1654.

MVSEVM
BRITAN
NICVM

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To the Iuduſtrious improvers of Nature by Art; eſpecially, the vertuous Ladies and Gentlewomen of this Land.

Courteous Ladies, &c.

THE former Edition of this--(cal it what you pleaſe) having received a kind entertainment frō your Ladiſhips hands, for reaſons beſt known to your ſelves, notwithſtanding the diſorderly and confuſed jumbling together of things of different kinds, hath made me (who am not a little concerned there-

therein) to bethink my ſelf of ſome way, how to encourage and requite your Ladiſhips *Pains* and *Patience* (vertues, indeed, of abſolute neceſſity in ſuch brave employments; there being nothing excellent that is not withall difficult) in the profitable ſpending of your vacant minutes. For this purpoſe I reſolved (at leaſt) to ſmooth your way a little, by bringing each particular to its proper head, or (ſince its called A Cabinet) laying each Jewel in his peculiar box; and ſo having fitted it for readier uſe, to have ſent it abroad again to ſalute your gentle hands the ſecond time.

But hearing in the mean time of certain rare *Experiments*, and choice extractions of Oyls, Waters, &c.

the

the practice of a Noble hand, and of approved Abilities (to testifie how ready I am to further ingenuous undertakings in this kind) I have with much pains, and some charges, sought after, and at length happily purchased them for you. All which, with the addition of many other Secrets of several kinds, (and I hope, of valuable concernment) I have so incorporated together, if I may so say, and methodically digested, that they may be the more easily and profitably improved.

And lest any thing might yet be lacking on my part, I have caused somewhat like an alphabetical Table to be affixed to every part, by the help whereof you may quickly view the particulars of your Treasury,

ſury, and know where to find them at pleaſure.

The whole Cabinet conſiſteth of three Diviſions, in each whereof are contained many pleaſant and precious pieces of different kinds, both for ornament and profit. In the firſt you ſhall find a delightful Confectionary of Preſerves, Conſerves, Candies, Syrups and ſuch like, and how to make and uſe them. In the ſecond you may take notice of very many and rare Secrets in nature, belonging both to Phyſick and Chirurgery, not unworthy the knowledg and practice of moſt piercing ſpitits. And in the third are ſet down excellent patterns for the neateſt Cooks and good Houſwifes.

The moſt ſtately of the three is that

that in the midſt; the more delightful are ſet on each ſide: This like a magnificent palace, ſtands above them; theſe like places of pleaſure, ſtand about it: Here you may ſport, there you may reſt; Theſe are for pomp, the other for ſafety. But leſt I ſhould be thought tedious to little purpoſe, or any way to endeavour to byaſſe your affections, or abridg your freedom, I ſhall thus leave you at liberty as Lovers in Gardens, to follow your own fancies. Take what you like, and delight in your choice, and leave what you liſt to him, whoſe labour is not loſt if any thing pleaſe.

M. B.

Experiments in *Preſerving, Conſerving, and Candying &c.*

PRESERVING.

1. *The beſt way to Preſerve Quinces white.*

First pare and core the Quinces, and boyl them in fair water till they be very render, not covering them; Then taking them out of the water, take to every pound of them two pound of Sugar, and half a Pint of water, and boyle it to a ſirrup, ſcumming it well; then put in ſome of the Jelly that is waſhed from the Quince kernels, and after that making it boyle a little, put in your Quinces, boyl them very faſt, keeping the holes upwards, (as neer

as you can) for fear of breaking; and when they are ſo tender that you may thruſt a ruſh thorow them, take them off and put them up in your glaſſes, having firſt ſaved ſome ſirrup till it be cold, to fill up your glaſſes.

2. *A Speciall remembrance in doing them.*

When you Preſerve Quinces or make Marmelade, take the Kernels out of the raw Quinces, and waſh off the Jellie (that groweth about them) in fair water; Then ſtraine the water and Jelly from the kernels, through ſome fine Cobweb Lawne, put the ſame into the Marmelade or Preſerved Quinces, when they are well ſcummed; But put not ſo much into your Quinces, as into the Marmelade, for it will Jelly the ſirrup too much: Put ſix or ſeven ſpoonfuls of ſirrup into the Jellie before you put it into the Marmelade; you muſt boyle your Quinces more for Marmelade, then to preſerve your Quinces, and leaſt of all when you make your clear Cakes.

When you would preſerve your Quinces white, you muſt not cover them in the boyling, and you muſt put halfe as much Sugar more for the white as for the other. When you would have them Red, you muſt cover them in the boyling.

3. *To Preſerve Barberies.*

Chooſe the faireſt bunches of Barberies you can get, pick off the withered and ſhrunk berries, and waſh them clean, drying them in a clean

clean cloth. Then take another good quantity of Barberies well picked, and boyl them in Clarret wine till they be ſoft, then ſtraine them well through a ſtrainer, rubbing or wringing them through: boyl this liquor, ſo ſtrained out, with Sugar, till it be very ſweet and thick, and then let it ſtand till it be cold: Then put your bunches or branches of Barberies into gallipots or glaſſes, and fill them up with this liquor, and ſo ſhall you have both ſirrup of Barberies, and preſerved Barberies.

4. *Another way to preſerve Barberies.*

Firſt take the faireſt Barberies, and of them the greateſt bunches you can get, and with a needle take out the ſtones on the one ſide of them; then weigh out to every half pound of them, one pound of Sugar, put them into a preſerving pan, ſtrow the Sugar on them, and let them boyle a quarter of an hour ſoftly; then taking out the Barberies, let the ſirrup boil a quarter of an hour more, then put in the Barberies again, and let them boyl a pretty while with the ſirrup, then take them from the ſirrup, let them both ſtand till they be cold, and ſo put them up.

5. *To preſerve all kind of Flowers, in the Spaniſh Candy in Wedges.*

Take Violets, Cowſlips, or any other kind of flowers, pick them and temper them with the pap of two roaſted Apples, and a drop or

two of Verjuyce, and a grain of Muske; then take half a pound of fine hard Sugar, boil it to the height of *Manus Chriſti*, then mixe them together, and pour it on a wet Pie-plate, then cut it in Wedges before it be through cold, gild it and ſo you may box it, and keep it all the year: It is a fine ſort of banquetting ſtuff, and newly uſed. Your *Manus Chriſti* muſt boil a good while, and be kept with good ſtiring.

6. To preſerve green Pippins.

Take Pippins, pare them very thin, while they are greene, then take ten ſmal green Pippins, worſe then the other, pare them and boil them in a pottle of water till they be all to pieces; then ſtrain it from the cores, then take two pound of ſugar, and put it into the ſame liquor ſo ſtrained, and ſet it on the fire, and ſo ſoon as it boileth, put in the Pippins you purpoſe to preſerve, ſo let them boile leiſurely till they be enough, and when they are preſerved they wil be green. In like ſort you may preſerve Quinces, Plums, Peaches, or Apricocks, if you take them green.

7 To preſerve Oranges and Lemmons

Take your Oranges or Lemmons, lay them in water three daies and three nights to take away their bitterneſſe, then boil them in fair water til they be tender, make as much Syrup for them as will make them ſwimme about the Panne, let them not boil too long therein, for

for it will make the skinnes tough; then let them lie all night in the ſyrup to make them take the ſyrup, in the morning boile your ſyrup to his thickneſſe, and put them in Gallipots or Glaſſes, to keep all the yeare: And this is the beſt way to preſerve Oranges, Lemmons or Citrons.

8 *To preſerve Peaches.*

Heat water ſcalding hot firſt, then ſcald your Peaches till you may pull off the skin, which done, boil your Roſewater and Sugar till it be ſomewhat thick: then put in your Peaches one by one, ſtrowing the Sugar on them; and as the fire melteth, caſt on more four or five times, letting them boyl with a ſoft fire till they be tender, keeping them covered as long as they ſeethe, then take them out, and put them up for uſe.

9 *To preſerve Medlers*

Take the faireſt Medlers you can get, but let them not be too ripe, then ſet on faire water on the fire, and when it boyleth put in your Medlers, and let them boil till they be ſomwhat ſoft; then while they are hot, pill them, cut off their crowns and take out their ſtones, take then to every pound of Medlers three quarters of a pound of Sugar, and a quarter of a pint of Roſewater, ſeeth your ſyrup, ſcumming it clean, then put in your Medlers one by one, the ſtalks downward: when your ſyrup is ſomewhat cool, then ſet them on the fire again, let

them boile ſoftly till the ſyrup be enough, then put in a few Cloves, and a little Cinamon, and ſo putting them up in pots, reſerve them for your uſe.

10 *The beſt way to preſerve Goosberies.*

Gather them with their ſtalks on, cut off their heads and ſtone them, then put them in ſcalding water, and let them ſtand therein covered a quarter of an hour: Then take their weight in Sugar finely beaten, and laying firſt a layer of Sugar, then one of your Goosberries, in your preſerving Skillet or Pan, till all be in, putting in for every pound of Goosberries ſix ſpooneſuls of fair water; ſet them on the Embers till the Sugar be melted, then boil them up as faſt as you can, till the ſyrup be thick enough, and cold, and then put them up. This way ſerveth alſo for Raſpices and for Mulberies.

11 *To preſerve Damſins.*

Take the Damſins before they be full ripe, but new gathered off the tree, allow to every pound of them a pound of Sugar, put a little Roſewater to them, and ſet them in the bottome of your Pan one by one, boile them with a ſoft fire, and as they ſeeth, ſtrow your Sugar upon them, and let them boil till the ſyrup be thick enough; then while the ſyrup is yet warm, take the Plums out, and put them in a Gallipot Syrup and all.

12 *How*

12 *How to preserve Cherries.*

Take the Cherries when they be new gathered off the tree, being full ripe, put them to the bottome of your preserving pan, weighing to every pound of Cherries, one pound of Sugar, then throw some of the Sugar upon the Cherries, and set them on a very quick fire, and as they boil, throw on the rest of the Sugar, till the Syrup be thick enough; then take them out, and put them in a Gillipot while they are warme. You may (if you will) put two or three spoonfuls of Rose-water to them.

13 *To preserve Artichokes.*

Heat water scalding hot first, then put in your Artichokes and scald them, and take away all the bottoms and leaves about them, then take Rosewater and Sugar, and boil them alone a little while, and then put the Artichokes therein, and let them boil on a soft fire til they be tender enough; let them be covered all the time they boile: then take them out, and put them up for your use.

14 *To preserve Roses or any other flowers.*

Take one pound of Roses, three pound of sugar, one pint of Rosewater or more: make your syrup first, and let it stand til it be cold, then take your Rose-leaves, having first clipt off all the white, put them into the cold syrup, then cover them and set them on so soft a fire, that they may but simper for two or three hours;

then while they are hot put them out into pots or glaſſes for your uſe.

15 *The beſt way to preſerve Apricocks*

Take the weight of your Apricocks (what quantity ſoever you mind to uſe) in ſugar fine'y beaten, pare and ſtone your Apricocks, and lay them in the Sugar in your preſerving pan all night, and in the morning ſet them upon the Embers till the ſugar be all melted, and then let them ſtand and ſcald an hour: then take them off the fire, and let them ſtand in that ſyrup two daies, and then boile them ſoftly, till they be tender and wel coloured, and after that, when they are cold, put them up in glaſſes or pots, which you pleaſe.

16. *To preſerve Bullaſſes as green as graſs.*

Take your Bullaſſes as new gathered as you can, wipe them with a cloth, and prick them with a knife, and quaddle them in two waters cloſe covered: then take a pound of clarified Sugar, and a pint of Apple water, boile them well together (keeping them wel ſcummed) unto a ſyrup, and when your Bullaſſes are wel dript from the water, put them into the ſyrup, and warm them three or four times at the leaſt; at the laſt warming, take them up and ſet them a dropping from the ſyrup, and boil the ſyrup a little by it ſelfe, till it come to a Jellie, and then betweene hot and cold put them up to keep for all the year.

17 *To*

17 *To preſerve green Walnuts.*

Take Walnuts and boil them til the water do taſte bitter; then take them off, and put them in cold water, and pill off the bark, and weigh as much ſugar as they weigh, and a little more water then will wet the ſugar; ſet them on a fire, and when they boil up, take them off, and let them ſtand two dayes, and boil them again once more.

18 *To preſerve Pomecitrons.*

Of your Pomecitrons take one pound and a half, and cut them ſome in halves, ſome in quarters, and take the meat out of them, and boil them tender in fair water: then take two pound of clarified ſugar and make ſyrup for them, and let them boil in ſyrup a quarter of an hour very gently: then take them up, and let your ſyrup boil till it be thick, and then put it into your Pomecitrons, and you may keep them all the yeer. If you pleaſe, you may pare ſome of them; for ſome delight to have them in the skin, and ſome pared.

19 *To preſerve Eringo roots.*

Take Eringo roots, fair and not knotty, one pound, and waſh them clean; and when they be waſhed, ſet them on the fire and boil them very tender; pil off their outermoſt skin, but ſee you break them not as you pare them; put them into cold water, and let them all remain there till all be finiſhed; and then you muſt take to every pound of roots three quarters of

a pound of clarified ſugar, and boil it almoſt to the height of a ſyrup, and then put in your roots; but look that they boil very gently together (with as little ſtirring as may be, leſt they break) until they be enough: and when they be cold, put them up and keep them.

20 *To preſerve Raſpices.*

Take of your faireſt and wel-coloured Raſpices, and pick off their ſtalks very clean, then waſh them, but in any wiſe bruiſe them not: then weigh them, and to every pound of Raſpices you muſt take ſix ounces of hard ſugar, and ſix ounces of ſugar-candy, and clarifie it with half a pint of fair water, and four ounces of juice of Raſpices: being clarified, boil it to a weak ſyrup, and then put in your Raſpices, ſtirring them up and down, and ſo let them boil til they be enough; which to know, you muſt take ſome of the ſyrup with one Raſpice, and let it cool, and if it will ſcarce run out, it is enough; and being cold, you may put them up, and keep them all the yeer.

21 *To preſerve Enula Campana roots.*

Take of your *Enula Campana* roots, and waſh them, ſcrape them very clean, and cut them thin to the pith the length of your little finger; and as you cut them, put them in water, and let them lie in water thirtie daies, ſhifting them twice every day, to take away the bitterneſs; weigh them, and to every pound of roots take twelve ounces of clarified ſugar, firſt boiling

them

the roots as tender as a chicken, and then put them into the clarified sugar, and let them boil upon a gentle fire until they be enough: and let them stand off the fire a good while, and betwixt hot and cold put them up for your use.

22 *To Conserve Cowslips.*

Gather your flowers in the midst of the day, when all dew is off them: cut off all the white, leaving none but the yellow blossomes of them so picked and cut before they wither; weigh out ten ounces, taking to every ten ounces of them (or greater proportions, if you please) eight ounces of the best refined sugar in fine powder: put the sugar into a pan, and candy it, with as little water as you can: then taking it off the fire, put in your flowers by little and little, never ceasing to stir them til they be dry and enough: then put them into Glasses or Gally-pots, and keep them dry for your use. These are rather candied then conserved Cowslips.

23 *A Conserve of Roses.*

Take red Rose buds, clip all the white bruised and withered from them, then weigh them out, and taking to every pound of Roses three pound of sugar; stamp the Roses by themselves very small, putting a little juice of Lemmons or Rosewater to them, as they wax drie; when you see the Roses small enough, put the sugar to them, and beat them together til they be wel mingled;

mingled ; then put it up in Gallipots or Glaſſes. In like ſort are the Conſerves of flowers of Violets, Cowſlips, Marrigolds, Sage and Scabious, made.

24 *The uſe of Conſerve of Violets and Cowſlips.*

That of Cowſlips doth marvellouſly ſtrengthen the brain, preſerves againſt madneſſe, againſt the decay of memorie, ſtoppeth Headach, and moſt infirmities thereof. For Violets, it hath the ſame uſe that the ſirup hath. *Vide among Syrups.*

25 *The uſe of Conſerve of Marigolds.*

Conſerve of Marigolds taken faſting in the morning, is good for melancholy, cureth the trembling and ſhaking of the heart, is good to be uſed againſt the plague and corruption of the air,

26 *Of Sage flowers.*

It preſerveth againſt meloncholy, doth dry and comfort the Stomack, cureth an old cough, and openeth the ſtopping of the Liver.

27 *Scabious flowers.*

Theſe cleanſe the breſt and lungs, take away old Coughs, Impoſtumes of the breſt, and all inward parts. *Probatum.*

28 *Conſerve of Barberries.*

Take your Barberries, pick them clean in fair branches, and waſh them clean, and dry them on a cloth : then take ſome other Barberries, and boil them in claret wine, til they be very

ſoft ;

ſoft; then ſtraine them and rub them ſo wel through the ſtrainer, that you may know the ſubſtance of them, and boil up this matter thus ſtrained out til it be very ſweet, and ſomewhat thick; then ſetting it by til it be cold, and then put your branches of Barberies into Gallipots or glaſſes, and fill it up with the cold ſyrup, and ſo ſhall you have both ſyrup and alſo Barberies to uſe at your pleaſure.

29 *The Cordial Conſerve.*

Take the Flowers of Roſemarry, Bugloſſe and Borage well picked: the flowers of Clove Gilliflowers, Pauncies, Violets, Cowſlips, Red Roſes, Damaske Roſes, and Marigolds clipt from their white, of each two ounces, put to every of them three ounces of Sugar, very finely beaten and ſearced, and ſtamp them all together to a Conſerve, and keep it in a Gallipot. When you would uſe it, take the quantity of a ſmall Walnut, every morning faſting.

30 *To make Muſcadine Comfits.*

Take four ounces of double refined ſugar finely beaten and ſearced, put thereto two grains of Muſk, a penniweight of Orris root in powder, beat it to perfect fine paſte, then roll it as thin as paper, and cut it like to Diamonds with your knife, as with a fine jagged Rowell cutter, ſo drie them in your Stove and keepe them.

31 *To*

31 *To make black Clove Comfits.*

Take two ounces of Cloves dried in a diſh in the Oven, beat them to very fine powder; then take four ounces of ſugar finely beaten and ſearced; adde to that two or three Date ſtones burned and made into fine powder, (which bringeth your paſte to the blackneſſe) mix with all theſe Gumme Dragon ſteeped in Roſewater, beat it up into a comfit paſte, rol it in long ſmal rols, and with a knife, croſs cut them at one end like a Clove bloſſom, ſo ſtove them, and ſerve them. This is an excellent comfit, it wil taſte like a Clove, and eat pleaſantly.

32 *To Candy all kind of flowers as they grow with their ſtalkes on.*

Take the Flowers, cut the ſtalkes ſomewhat ſhort, then take one pound of the whiteſt and hardeſt ſugar you can get, put to it eight ſpoonfuls of Roſewater, and boil it til it wil rol between your finger and your thumb; then take it from the fire, cool it with a ſtick, and as it waxeth cold, dip in all your flowers, and taking them out again ſuddenly, lay them one by one on the bottome of a ſieve; then turn a joyned ſtool with the feet upward, ſet the ſieve on the feet thereof, cover it with a faire linnen cloth, and ſet a chafindiſh of coals in the middeſt of the ſtool, underneath the ſieve, and the heat thereof wil run up to the ſieve, and dry

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your Candy preſently; then box them up, and they wil keepe all the yeare, and looke very pleaſantly.

33 *To make the Rock Candies upon all Spices, Flowers, and Roots.*

Take two pound of Barbary ſugar, clarifie it with a pint of water, and the whites of two egges, then boil it in a poſnet to the height of *Manus Chriſti*, then put it into an earthen Pipkin, and therewith the things you wil Candy, as Cinnamon, Ginger, Nutmegs, Roſe buds, Marigolds Eringo rootes, &c. Cover it and ſtop it cloſe with clay or paſte; then put it in a Still with a leiſurely fire under it, for the ſpace of three daies and three nights; then open the pot, and if the Candy begin to coine, keep it unſtopped for the ſpace of three or four daies more, and then (leaving the ſyrup) take out the Candy, lay it on a Wier grate, and put it in an Oven after the bread is drawn, there let it remain one night, and your Candy wil be dry. This is the beſt way for rock candy, making ſo ſmal a quantity.

34 *The Candy Sucket for green Ginger, Lettice flowers &c.*

Whatſoever you have preſerv'd, either herbs, fruits or flowers, take them out of the ſyrup, and waſh them in warm water, and dry them wel: then boil ſugar to the height of candy for flowers, and draw them thorow it: then lay

lay them on the bottom of a ſieve, dry them before the fire, and when they are enough, box them for your uſe. This is that the Comfit-makers uſe, and call Sucket Candy.

35 *To Candy Ginger.*

Take very fair and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined ſugar, and boil it to the height of ſugar again: then when your ſugar beginneth to be cold, take your Ginger and ſtir it well about till your ſugar is hard to the pan; then take it out race by race, and lay it by the fire four hours, then take a pot and warm it, and put the Ginger in it, then tie it very cloſe, and every ſecond morning ſtir it about roundly, and it wil be rock-candied in a very ſhort ſpace.

36 *To candy Eringo roots.*

Take of your Eringo roots ready to be preſerved, and weigh them, and to every pound of your roots you muſt take of the pureſt ſugar you can get two pound, and clarifie it with the whites of Egges exceeding wel, that it may be as cleer as Chryſtal; for then it will be very commendable: it being clarified, you muſt boil it to the height of *Manus Chriſti*, and then dip in your roots, two or three at once til they be all candied, and ſo put them in a ſtove, and keep them all the year.

37. *To make Quince Cakes.*

Prepare your Quinces, and take the juſt weight

weight of them in sugar, beaten finely, and searcing half of it: then of the rest make a syrup, using the ordinary proportion of a pint of water to a pound of sugar: Let your Quinces be wel beaten, and when the syrup is Candy height, put in your Quinces, and boil it to a paste, keeping it with continual stirring; then work it up with the beaten sugar which you reserved, and these Cakes will taste wel of the Quinces.

38 *Cleer Cakes of Quinces or Apricocks*

Take of the best sugar finely beaten, and searced, one pound to a pound of Quinces or Apricocks: set your sugar upon a chafing dish of coals, and dry it about halfe an hour; then cooling it, stir into it a little Muske and Ambergreece, finely beaten and powdered: then pare your Quinces, &c. and boil them in fair water whole, til they be tender, (and not covering them) for so they will be white: Then take them, and scrape off all the Quince to the core, into a silver dish, and boil it therein til it grow drie, which you shal perceive by the rising of it up: when it is thus wel dried, take it off, let it cool, and strow on the Sugar, setting some other to strow it til it be all thorowly wrought in; then lay it out on Glasses, Plates, or Prints (of Flowers or Letters) an inch thick or lesse as you please.

39 *To dry Apricocks.*

Take them when they are ripe, stone them, and

and pare off their rinds very thin, then take half as much ſugar as they weigh, finely beaten, and lay them with that ſugar, into a ſilver or earthen diſh, laying firſt a lay of ſugar, then of the Fruit, and let them ſtand ſo all night, and in the morning the ſugar will be all melted; then put them into a skillet, and boil them apace, ſcumming them wel: and as ſoon as they grow tender, take them from the fire, and let them ſtand two dayes in the ſirup; then take them out, and lay them on a fine plate, and ſo dry them in a ſtove.

40 *The beſt way to dry Plums.*

Take your Plums when they are full grown (with the ſtalks on them) but yet green; ſplit them on the one ſide, and put them in hot water (but not too hot) and ſo let them ſtand three or four hours: then to a pound of them take three quarters of a pound of ſugar, beaten very fine, and eight ſpoonfuls of water to every pound: ſet them on hot embers till the ſugar be melted, and after that boil them till they be very tender, letting them ſtand in that ſirup three daies, to plump them: Then take them out, waſh the ſirup from them in warm water, and wipe them with a fine linnen cloth very dry, and lay them on plates, and ſet them to dry in a Stove; for if you drie them in an Oven, they wil be tough.

41 *To dry Pippins.*

Take half a pound of powder ſugar, boil it

to

to a sirup in a pint of fair water, and clarifie it with the white of an eg, then strain it thorow a linnen cloth, and set it on the fire again in another clean skillet: while this is doing, pare eight pippins, cut them in halves and core them, putting in every half into the sirup as you pare them: and so let them boile (stil scumming them) til the sirup be almost all wasted away, within three or four spoonfu's: then take out the Pippins, lay them on plates, and dry them in a stove.

42 *A way to drie Cherries.*

Take three quarters of a pound of sugar, and a pound of good Cherri s, their stalks and stones taken from them; then put a spoonful of clean water in the skillet, and so laie one laie of Cherries, and another of sugar, til your quantitie be out: then set them on the fire and boil them as fast as conveniently you can, now and then shaking them about in the skiller, for fear of burning: and when you think they are enough and clear, then take them off the fire, and let them stand till they be half cold, then take them out as clear from the sirup as you can, and lay them one by one upon sheets of Glasse, setting them either abroad in the Sun, or in a window where the Sun may continually be upon them: If they drie not so fast as you would have them, then in the turning scrape some loaf sugar finely upon them; but add no greater heat then the

Sun

Sun wil afford, which wil be ſufficient, if they be wel tended: and let no dew fall on them by any means, but in the evenings ſet them into ſome warm cupboard.

43 *How to keep App'es, Pears, Quinces, Wardens &c. all the yeer dry.*

Pare them, take out the coars, and ſlice them in thin ſl ces, laying them to dry in the Sun in ſome ſtone or metal ine diſhes, or upon an high frame covered with courſe canvas, now & then turning them, and ſo they wil keep all the yeer.

44 *How to dry Fruits in the Sun.*

If it be ſmal fruit, you muſt dry th m whole, by laying them abroad in the hot Sun in ſtone or pewter diſhes, on iron or brais pans, turning them as need requires.

45 *To make Quidony of Cherries.*

Take your Cherries while they are red at the ſtone, pu out the ſtones, and boil them til they be broken; then ſtrain them thorow a very clean ſtrainer, and take the matter ſtrained forth, boil it again, and giving it in the boiling as much ſugar as is ſufficient: when you think it thick enough, put it into your boxes.

46 *To make printed Quidony of Quinces.*

Take two pound of Quinces, pared, coared and cut in ſmall pieces; put them into a clean poſnet with a quart of fair water, and when they are boiled tender, put into them one pound of ſugar clarified with half a pint of fair water: let them boil till all the Fruit fall

to

to the bottome of the Posnet, then let the liquid substance run through a fair linnen cloth into a clean Bason; then put it into a Posnet, and boil it til it come to a Jellie, then print it in your moulds, and turn it into your boxes: you shall know when it is ready to print by rowling on the back of a Spoon.

47 *To make Quidony of Pippins.*

Take two pound of Pippins, pare, core, and quarter them, and put them into a quart of fair water, boil them til they begin to break: then put in a pound of Brasil sugar clarified with half a pint of water, and the white of an egge, boil them then til the fruit fal to the bottome, then take it up draw all the liquid substance from it, as in your Quinces, and boil it in a posnet til it come into a Jellie, trie it on the back of a spoon, and when it is ready to print, put it into your Mulds, and when it is cold turn it off upon wet Trenchers, and put it into boxes.

48 *To make Quidony of Raspices*

Take a quart of red Raspices, put them into a wodden dish, with three spoonfuls of fair water; bruise them all to pieces with a spoon or a rolling pin, then strain them through a cloth into a fair dish; season it with half a pound of Sugar finely beaten, boile it on a Chafindish of coals, stirring it till it come to a Jellie; your trial is on the back of a spoon, as in all other Jellies, and when it is ready for the

the print, print it, and it will be a very orient colour: you must not put too much water to the Raspices, for they wil not abide too much boiling for losing their colour.

49 *Colours for fruitage*

Saffron is the best yellow. Sap green the best green. Indian Lake the best red.

All your colours must be tempered with Gumme water made of Rosewater.

50 *To make all kind of turned works in fruitage, hollow.*

Take the strongest bodied sugar you can get, boil it to the height of *Manus Christi*, then take your stone (or rather Pewter) Moulds, being made in three pieces, tie the two great pieces together with Inkle, then powre in your sugar being highly boyled, turn it round about your head apace, and so your fruitage wil be hollow, whether it be Orange, Lemmon, or whatsoever your Mould doth cast: after they be cast, you must colour them after their natural colours.

51 *To make* Dia Citonicum *(as it is called) but rightly*, Dia Cydonium.

Take four or five very fair Quinces, pare them, quarter them, core them, and boil them in a Pipkin with a pint of fair water: when they are tender put to them halfe a pint of red wine vinegar, and one pound of sugar; let them boil an hour after it, and then let the sirrup and all run thorow a strainer into a fair posnet, and

let

let it there boil til it come to a Jellie as thick as Quidony, then put it up into a glasse or gallipot: This is a most special Cordial and comfortable matter for a sick body.

52 *To cast all kind of Sugar-works into moulds.*

Take one pound of Barbarie sugar, clarifie it with the white of an egge, boil it til it rol between your finger and your thumb, then cast it into your standing moulds, being watered two houres before in cold water, take it out, and gild them, to garnish a Marchpane with them at your pleasure.

53 *The names and use of your Sugars.*

Refined sugar, hard and white, is best for paste of Genua, and to cast all kind of sugar works.

Barbary sugar is best to preserve withal.

Brasile sugar white and dry is best to make Quidony.

54 *The names and prices of Gummes for Sugar work.*

Gumme dragon	the ounce	iiii d
Red Rosset		i. d
Sap green		ii. d
Indian Lake ii. d. weight		iii d
Fine gold the booke		xvi. d
Party gold the booke		vi. d

Buy your Gold at the Gold-beaters: your Gummes

Gummes, and your colours at the Talbut in Newgate Market.

52 *To make Fumbols.*

Of almonds being beaten to paſte, take half a pound, with a ſhort cake being grated, and two egges, two ounces of carroway ſeeds being beaten, and the juce of a Lemmon; and being brought into a paſte, roule it into round ſtrings, then caſt it into knots, and ſo bake it in an oven: and when they are baked ice them with Roſewater and ſugar, and the white of an egge, being beaten together; then take a feather and gild them, then put them again into the oven and let them ſtand in a little while, and they will be iced clean over with a white ice; and ſo box them up, and you may keep them all the year.

56 *To make Paſte of Carrots.*

Take Carrot roots, boil them, take out of the pith one pound, paring off all the outſide, beat the pith in a Morter, with half a pint of Roſewater; then take one pound of Sugar finely beaten, and the yolks of ſixteen egges, beat them with the Carrots altogether, then put it in a diſh and dry it; and being thus made into paſte, put it to what uſe, or in what faſhion you like beſt.

57 *To make the Macaroones*

Blanch a pound of the beſt Almonds, and put them in fair cold water as you blanch them, then drie them out of the water in a clean cloth,

cloth, and beat them in a morter: then take a sawcer full of Rose water, wherein of musk and Ambergreece half a grain of each is dissolved, and therewith still sprinkle the Almonds as you beat them: and when they are almost beaten enough, put in by degrees a pound of fine sugar very smal beaten, and searced all but two or three spoonfuls: when they are beaten enough, put them into a dish, and take the whites of three Egges very wel beaten, and the froth taken off, put the clear thereof to the Almonds, with a spoonful of fine flower, and the two or three spoonfuls of sugar you left, and the rest of the Rosewater, with the musk and Ambergreece dissolved in it; mixe all these very well together in the dish, and lay them upon March-pane Paper, the bigneſſe and fashion of an eg, laying them rough and high: Then put some other Papers under your wafer Paper, for feare of burning, and bake them in a oven hot enough to bake a light oven Pudding, having a care that they scald not.

58 *To make Paste of Almonds*

Take one pound of smal Almonds, blanch them out of hot water into cold, then drie them with a cloth, and beat them in a stone morter, til they come to paste, putting now and then a spoonful of Rosewater to them to keep them from oiling; when they are beaten to fine Paste, take half a pound of sugar finely beaten

and ſearced, put it to your Paſte, and beat it till it will twiſt between your fingers and thumbe finely without knots, for then it is enough: then make thereof pies, Birds, Fruits, Flowers, or any pretty things printed with Moulds, and ſo gild them and put them into your Stove, and uſe them at your pleſure.

59 *To make a March-pane.*

Take two pound of ſmall Almonds, blanch them, and beat them as you do for your Paſte of Almonds: then drive it into a ſheet of Paſte, and ſpread it on a bottome of Wafers, according to the proportion or bignſſe you pleaſe; then ſet an edge round about it, as you doe about a Tart, and pinch it if you will: then bake it in a pan or Oven; when it is enough take it forth, and ice it with an ice made of Roſe water and Sugar as thick as Batter, ſpread it on with a Bruſh of Briſtles, or with feathers, and put it in the Oven again, and when you ſee the Jce riſe white and dry, take it forth and ſtick long Comfits in it, and ſet up a ſtadderd in the middeſt of it, ſo gild it and ſerve it.

60 *To make paſt of Violets or any kind of Flowers.*

Take your flowers, picke them and ſtamp them in an Alabaſter Morter, then ſteep them two hours in a Sawcer of Roſe water, after ſtraine it and ſteep a little Gumme Dragon in the

he same water ; then beat it to paste, print it n your moulds, and it wil be of the very co- our and taste of the Flowers ; then gild them, nd so you may have every flower in his own olour and taste ; better for the mouth then any rinted colour.

61 *To make the white Paste royal.*

Take half a pound of white Barbary sugar, inely beaten and searced, put it into an Ala- aster morter, and therewith a little Gumme Dragon steeped in Rose water, beat it by lit- le and little til it come to a Paste ; when you ave beaten it unto a perfect fine paste, print it ith your moulds and gild it, and dry it in our stove, set them on white papers, and ry them on a hand-peel before the fire, and hen they be through dry, box them and keep em for your pleasure.

62 *To make a red Paste royal.*

Take half a pound of Barbary sugar, finely eaten and searced, put it into a stone mortar, ith a quarter of an ounce of Gumme Dra- on steeped in rose water ; then strowing little powder *de Rosita* on it, beat it to a erfect paste, then print it, gild it, stove , or otherwise dry it, and keep it at your leasure.

63 *To make the Paste royal in Spices*

Take four ounces of double refined sugar, eaten and searced, put thereto one ounce

of ſearced Cinnamon, beat it in a ſtone mor
tar to paſte, then print it with your moulds, an
turn ſome upon ſticks to make them ſhew li
Gummes; they be called in Confectionary
Cinnamon ſticks or Cinalonians; then gil
them, and put them into your ſtove, but dra
not out the ſticks till they be dry, for elſe the
wil ſhrinke.

64 *To make Paſte of Pippins*

Take twenty fair ſmooth skind Pippins
pare them and cut them into quarters, an
core them: then boile them in a quart o
fair water til they be tender; then powrin
the liquor from them, ſtrain them and dr
them on a Chafingdiſh full of coals, and put
much ſugar to them as they weigh, then bo
them to the height of *Manus Chriſti*, and fashi
on ſome like plummes, ſome like leaves,
ſtove them; when they are ſtoved one nigh
you may put two halves of the plummes to
ther, and put a ſtone between them, an
prick a ſtalk in the end, ſo may you make ſo
like plummes with ſtones and ſtalkes; ſom
with leaves: (I ſuppoſe it ſhould be lik
leaves) for the Pippin is the beſt fruit to coun
terfeit any plumme.

65 *To make Paſte of Genua*

Take of Quinces two pound, and two poun
of Peaches, bake them in a pot in the Ove
then pulp them thorow a hair ſieve, dry the
on a Chafingdiſh of coals; then take two poun

ſugar, boil it to the height of *Manus Chriſti*, nd put it to your dried pulpe, make it to the ſhion of great water leaves, put them into an Oven after the bread is drawn, let it ſtand all ight; in the morning warm the Oven again, nd turn your Paſte, and put it in again: af- er that, for the ſpace of three or four daies, ſet a hafingdiſh with coals into the oven to it, and hen it is thorow drie, box it and keep it all the ear.

66. *To make Paſte of Lemmons.*

Take half a dozen of thick rined Lemmons, ut them through the midſt, and boil them ten- er in fair water, then ſtampe them in a mor- r, ſtrain the juyce or pulpe from them, and ry it and put ſugar to it, as to the Paſte of Genua; then make it into what faſhion you will, on a ſheet of white paper, dry it in an oven, and turne it often for two daies and wo nights, for in that time it will be dry e- nough: box it thus up, end it wil endure all the ear.

67 *To make Paſte of Regia.*

Take half a pound of Almonds, blanch hem and beat them into fine paſte, then take alf a pound of *Piſtacius*, beat it among the Almonds; take the Brawn of a Capon, mince t very ſmal and beat it with the Almonds and *Piſtacius*, put into it the fleſh of two Partri- ges, a dozen of Cock Sparrows, all which fleſh muſt be well roaſted before you take it

from the bones; put thereinto alſo half a poun
of Dates thin ſliced, a quarter of a pound o
the four cold ſeeds, a quarter of a pound o
ſugar candy: beat all theſe together in a mor
ter til it come to be Paſte, with the yolkes o
two new laid egges, and two or three ſpoonfu
of Roſewater, then make it up in little Cake
and bake them on papers: this is an eſpeci
Paſte to preſerve againſt the conſumption, an
to reſtore him that hath it.

68 *How to make Paſte of Goosberries, or Burberries, or Engliſh Currans.*

Take any of theſe tender fruits, and boil
them ſoftly on a chafingdiſh of coals, the
ſtrain them with the pap of a rotten apple, the
take as much ſugar as it weighs, and boil it t
a candy height, with as much Roſe water a
wil melt the ſugar, then put in the pap of you
fruit into the hot ſugar and let it boil leiſurely
till you ſee it reaſonable ſtiff, almoſt as thick
as for Marmelade, then faſhion it on a ſheet o
glaſs, and ſo put it into the Oven upon two
billets, that the glaſs may not touch the bo-
tome of the oven, (for if it do, it will make
the Paſte tough) and ſo let it dry leiſurely;
and when it is dry, you may box it, and keep it
all the year.

69 *To make an excellent Marmelade.*

Of ſugar take a pound and a half, boil it
with a pint of fair water till it come to the
heigh

height of *Manus Chriſti*, then take three or four ſmal Quinces, one good Orange pill, both very wel preſerv'd and finely beaten, and three ounces of Almonds blanched and beaten by themſelves, Eringo roots preſerved two ounces and an half; ſtir theſe with the ſugar til it will not ſtick: and then at laſt put in of Muske and Amber diſſolved in Roſe water, of each four grains, of Cinnamon, Ginger, Cloves and Mace, of each three drams, of oyl of Cinnamon two drops: Theſe being done, put it into your Marmelade boxes, and ſo preſent it to whom you pleaſe.

70 *To make Marmelade of Lemmons and Oranges.*

Boil ten Lemmons or Oranges with halfe a dozen Pippins, and ſo draw them thorow a ſtrainer; then take ſo much ſugar as the pulp will weigh, and boyle it as you do Marmelade of Quinces, and then box it up.

71 *To make Almond Bisket.*

Steep one pound of Almonds ſo long in cold water, till they will blanch, then put them in Roſewater, and beat them in ſo much Roſe water as will keep them from growing to an oyle, and no more: take one pound of ſugar beaten very fine, and ſifted thorow a ſearce: take the whites of ſixe Egges, beat them to a froth, as you uſe to doe for other Bisket, with a ſpoonefull of fine flower: ſet the

Almonds and ſugar on a ſoft charcole fire, let them boil together til they be very thick, and ſo let them ſtand til they be almoſt cold, then beat the Egges and that together, put in a little Muske for the better taſte, if you pleaſe, then lay them upon papers in what proportion you will, and dry them in a Oven with a ſlacke fire.

72 *How to make the fine Biſket Bread, called in ſome places Norffe-Cakes, and commonly Diet-bread.*

Take half a peck of fine Wheat flower, halfe a pound of ſugar beaten in fine powder, a good handful of Annis ſeeds, rubbed, duſted, and made in fine powder, a competent ſpoonfull of Salt, one pound and a halfe of Butter: mixe all theſe (thus prepared) together: Then take a Porringer full of light Ale yeſt, and as much of good ſweet Creame, made luke-warme, or ſomewhat hotter: but firſt take heed your yeſt be ſweet, then take the Yolkes of ſix egges; work all theſe together into Dough, then lay it warme to riſe, while the oven is heating: mould them into what forme you wil, but let not the rols in dough be bigger then your little finger: then put them into the oven wel and clean ſwept, but not too hot, for a little heat will bake them: when they are baked, let them ſtand till the oven be little more then lukewarme, and then take them

them out till they be thorow cold, and put them in againe to dry the ſpace of an houre or more; ſo may you keepe them halfe a yeare, or longer: and if they chance through moiſt ſtanding, or weather, to waxe ſoft, give them a drying for an houre in an Oven, that hath ſtood an houre after a batch of Bread.

73 *The beſt receit for Biſket bread.*

Take all the yolks, and halfe the whites of ſixteen eggs, beat them well together; then put to them a pound of the fineſt wheat flower, as much of the beſt loaf ſugar, very finely beaten and ſearced, with a quarter of a pint of Roſe water, and half a quarter of a pint of Sacke, (if you pleaſe) beating them thus compounded together about two houres, very wel, then ſtrowing upon it two ſpoonfuls of Coriander-ſeed, and as much Annis ſeed finely beaten, and then working them well into Paſte, bake it in boxes or upon Plates well buttered, keeping a little ſugar in a piece of Cobweb Lawne, to ſearce upon it and ice it. If you make for ſome Phyſicall uſe, then uſe the Sack, and put in a quarter of a pound of Annis-ſeed, and as much Liquorice beaten into fine powder.

74 *How to make Comfit makers Biſket.*

Of flower take a pec', and four ounces of Coriander ſeed, one ounce of Annisſeed; take three egs, three ſpoonfuls of Ale yeſt, and as much warm water as wil make it as thick as paſte for

Manchets; make it in a long rowl, and bake it in an oven one hour; and when it is a day old, pare it, and ſlice it, ſugar it with ſearced ſugar, and put it again in the Oven; and when it is drie, take it out, and new ſugar it again, and box it, and keep it.

75 *To make Manus Chriſti.*

Of refined ſugar take half a pound, and ſome Roſawter, and boil them together til it come to a ſugar again: then ſtir it about while it be ſomewhat cold, then take your leaf-gold and mingle with it; then caſt it according to art, that is in round gobbets, and ſo keep them.

76 *The Syrup of Violets.*

Take fair water, boil it, ſcumme it, and to every ounce of it ſo boiled and ſcummed, take ſix ounces of the blue of Violets onely: ſhift them as before nine times, and the laſt time take nine ounces of Violes, let them ſtand between times of ſhifting twelve hours: keeping the liquor ſtill on hot embers, that it may be milk warme, and no warmer, after the firſt ſhifting: you muſt ſtampe and ſtrain your laſt nine ounces of Violets, and put in only the juyce of them, then take to every pint of this liquor thus prepared, one pound of ſugar finely beaten, boil it, and keep it with ſtirring, till the ſugar be all melted, which if you can, let be done before it boil, and then boil it up with a quick fire. This doth cool and open

in

in a burning Ague, being dissolved in Almond milke, and taken: especially it is good for any inflammation in children: the conserves are of the same effect.

77 *Syrup of Century.*

Take Flowers and green leaves of Century, and boil them in a good quantity of faire water, being first boiled, and well scummed before the Century come in: when you think it is boiled enough, set it upon hot Embers for twelve houres, shifting it again and again, till you think it be strong enough of the Century, then take to every pint of the liquor thus boiled, a pound of sugar, and so boil it up. It cleanseth the stomack, killeth Wormes, Agues, and the green Sickenesse: it must be taken in the morning with Mace Ale.

78 *Syrup Gresta, or Syrup of unripe Grapes.*

Take a good Basket full of unripe Grapes, set them three daies in a vessel after they be gathered, stampe them, and strain out the juyce of them, take thereof six quarts, boil it with a soft fire, till the third part be consumed, then four quarts will remain: Let that run thorow a Wollen bag, and stand till it be cleer in it self, then take of the cleerest of it seven pints, put thereto five pound of clarified sugar; boyl them together to the thicknesse of a syrup, and keep it in a glasse. It is good for a perbreaking stomach proceeding of Choler, and for

for a ſwelling ſtomacke; it taketh away thirſt and drineſſe, and Chollericke Agues. It is a great comfort to the ſtomack of women being with child; it is a preſervative againſt all manner of venome and againſt the Peſtilence.

79 *Syrup of Roſes.*

Take Damaske Roſes, clip off the white of them, and take ſix ounces of them to every pint of fair water, firſt wel boiled and ſcummed: let them ſtand ſo as aboveſaid, twelve hours, as you did in the ſyrup of Violets, wringing out the Roſes, and putting in new eight times, then wringing out the laſt, put in only the juyce of foure ounces of Roſes: ſo make it up as before. If you wil put in Rubarbe, take to every pint two drachms, ſlice it, ſtring it on a thred, hang it within the pot after the firſt ſhifting, and let it infuſe within your Roſes. Some uſe to boil the Rubarbe in the Syrup, but it is dangerous. This ſyrup purgeth Choller and Melancholly.

80 *Syrup of Wormwood.*

Take halfe a pound of Wormwood leaves, of red Roſes two ounces, of Spikenard three drachms, of old and wel reliſht white wine two ounces, juyce of Quinces two pound and a halfe. Let all theſe ſtand a day and a night in a ſtone pot, then let them boile ſoftly to the one halfe, ſo let it coole, ſtraine it, and clariſie it with the white of an egge: then

put

put to it two pound of good English boney, and let them boile a little together: then strain out the liquor, and with sugar boile it up to a syrup.

81 *Syrup of Cowslips*

Instead of running water you must take the distilled water of Cowslips, put thereto your Cowslip flowers cleane picked, and the green knobs in the bottome cut off: and therewith boile up a Syrup, as in the Syrup of Roses is shewed. It is good against the Frenzie, comforting and staying the head in all hot Agues &c. It is good against the Palsie, and procures a sick patient to sleep: it must be taken in Almond Milke, or some other warme thing.

82. *Syrup of Borage and Bugloss.*

Syrup of Borage and Bugloss are made in the same sort: they cool, open and comfort the body.

83 *Syrup of Calamint*

Doth warm and comfort the stomack: it is made *ut supra.*

84 *Syrup of Scabious*

Syrup of Scabious, is made of the juyce of the herb, strained and clarified, as the juyce of Fole foot: and the flowers infused or steeped, shifted and boiled up as of Roses. It cleanseth the brest and lungs, cureth an old cough and Impostumes of the brest, and of all other inward parts, cleansing, ripening

pening and healing the same.

85 *To make Syrup of Saffron.*

Take a pint of Endive water, two ounces of Saffron finely beaten, and steep it therein all night; the next day seeth it, and strain out the Saffron; then with sugar boil it up to a Syrup.

86 *Syrup of Fole-foot or Colts-foot*

Take the leaves of Fole-foot, wash them very faire, and wipe them with a clean linnen cloth leaf by leaf: then lay them on a clean cloth to dry, till all the wet be off them: then beat them in a morter, and put them into a Strainer, and wring out all the juyce you can out of them, and put it into Glasses, and let it stand in them to settle all night; the next day pour out the cleerest of the juyce from the Grounds into a fair Bason, and taking for everie pint thereof a pound of sugar finely beaten, boil the juyce of Folefoot softly on a Charcole fire, and when you have wel scummed it, put in the sugar according to his proportion: and so let them boil together, keeping it with due scumming, until (to see when it is enough) it will stand on a stiffe purle when you drop some of it upon a Plate of silver, or a Sawcer: then take it from the fire, pour it thorow a Jellie bag into a clean bason, putting first a branch or two of Rosemarie into the bags bottome, then keep it stirring with a spoone, till it be lukewarme, for else it will have a Cream upon

upon it: So letting it stand all night in the bason well covered, the next day put it into such glasses as you mean to keep it in. It is good to open the brest, and Lungs, and cureth old Coughes.

87 *To make Syrup of Pomecitrons*

Take Pomecitrons and cut them in halves, and juyce them; but beware you wring them not too hard lest it be slimy: and take to every pint of juyce three quarters of a pound of refined sugar, and boil it in an earthen pipkin till it come to the height of a syrup, and take heed in any case that you boil it not on too hot a fire, lest it burn: and then when it is boiled enough, put it up and keep it all the year.

88 *A Syrup against Malencholly humors, especially where there is wind in the stomack.*

To make this syrup, 'tis necessarie to be expert in the Art; for it must be made with great diligence.

Take water of Fumetory, of Hops, of Wormwood, of Maidenhair, of each five pound: Herewith make a decoction, with these following ingredients. Take *Pollipodium* of the Oak, one pound, Sine leaves, *Epitimum ana* four ounces, Cordiall flowers two handfuls, Maidenhair one handfull, Liquoris, Cinnamon, Raisins, of each two ounces, of the four cold seeds two ounces; make thereof a decoction

ction according to art, and ſtraine it; then take foure pound of that Decoction, and put thereto the juice of Borrage, of Bugloſſe, and Hoppes, of each two ounces; common Honie ſix ounces: then with white ſugar make a ſirrup in good form, and aromatize it with musk and amber, putting thereunto one ounce of *Plyris* without musk, and then it is made.

The doſe is from three to four ounces in the morning warm, and faſt thereupon at leaſt three or four hours; for this purgeth marvelouſly the melancholy humours, and all other groſs humours, and diſſolveth winde, and comforteth the heart.

89 *Syrup of Wormwood ſimple.*

Take of the clarified juice of common Wormwood, and clarified ſugar, of each four pound, make it into a ſirrup according to art.

After the ſame manner are prepared ſimple Syrups of Betonie, Borrage, Bugloſſe, Cardus, Camomel, Succorie, Endive, Hedgmuſtard, Strawberries, Fumetorie, Groundivie, St Johns wort, Hops, Mercurie, Mouſear, Plantane, Apples, Purſlain, Raſpberries, Sage, Scabious, Scordium, Houſleek, Coltsfoot, *Paul's* Betonie, and other Juices not ſowr.

90 *Syrup*

90 *Syrup of Marsh mallows.*

Take of roots of marsh mallows two ounces; the roots of grass Sparagus, Liquoris, Raisins of the Sun stoned, of each half an ounce; the tops of mallows, marsh mallows, pellitorie of the wall, burnet, plantane, maidenhair white and black, of each an handfull; red cicers an ounce; of the four greater and four lesser cold seeds, of each three drachms; boil them in six pound of clear water till four remain, which being strained, boile into a sirrup with four pound of white sugar.

91 *Syrup of Rhadishes.*

Take of garden and wilde Rhadish roots, of each an ounce; the roots of white Saxifrage, Lovage, Bruscus, Eringo, Restharrow, Parsley, Fennel, of each half an ounce; the leaves of Betonie, Burnet, Penniroiall, Nettles, Watercresses, Sampier, maidenhair, of each an handfull; winter Cherries, Jujubes, of each ten; the Seeds of Bazil, Bur, Parsly of *Macedonia*, Hartwort, Caraway, Carrots, Gromwel, the bark of the root of Bay-tree, of each two drachms, Raisins of the sun stoned, Liquoris, of each six drachms; boil them in twelve pound of water to eight, strain it, and with four pound of sugar and two pound of honey, make it into a Syrup, and perfume it with an ounce of Cinnamon, and half an ounce of Nutmegs.

92 *Syrup*

92 *Syrup of Poppies.*

Take off the heads of both white and black Poppies, ſeeds and all, of each 50 drachms, Maidenhair fifteen drachms, Liquoris five drachms, Jujubes 30 by number, Lettice ſeeds 40 drachms; of the ſeeds of mallows and Quinces (tied up in a thin linnen cloth) of each one drachm and a half, boil theſe in eight pints of water till five pints be conſumed; when you have ſtrained out the three pints remaining, adde to them Penides and white ſugar, of each a pound; boil them into a ſyrup according to art.

93 *Hony of Roſemarry flowers.*

Take of Roſemary flowers a pound, clarified hony three pound, mix them in a glaſſe with a narrow mouth, ſet them in the ſun and keep them for uſe.

BRITISH MUSEUM

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BRITISH

Experiments

Experiments in PHYSICK & CHIRURGERY, Diſtillations, Waters, and Oyles: *Their Vertues and Uſes.*

1 *Doctor Stevens his Water.*

TAke a Gallon of Gaſcoin wine: of Ginger, Gallingall, Cinnamon, Graines, Cloves, Mace, Nutmegs, Annis-ſeeds, Caraway-ſeed, Coriander-ſeed, Fennel-ſeed and ſugar, of every one a dram, then take of Sack and Ale a quart apiece, of Camomill, Sage, Mint, red Roſes, Time, Pellitory of the wal, wild marjoram, wilde Time, Lavender, Peneroyal, Fennel roots, Parſley roots, and Setwall roots, of each halfe a handfull: Then beate the ſpice ſmall, and bruiſe the herbs, and put them all together into the wine, and ſo let it ſtand ſixteene hours, ſtirring it now and then: Then diſtill it in a Limbeck with a ſoft fire, and keep the

the first pint of the water by it selfe, for it is the best; and the rest by it self, for it is not so good as the first. The principal use of this water, is against all cold diseases, it preserveth youth, comforteth the stomack, cureth the stone, of what nature soever; using but two spoonfuls in seven daies. *It* preserved Doctor *Stevens* ten years bed-red, that he lived to ninety eight years.

2 *To make Cinnamon Water.*

Of the best Cinnamon you can get take one pound; bruise it wel, and put it into a gallon of the best Sack, and infuse it three daies and three nights, and then distill it as your *Aqua Cœlestis.*

3 *Angelica water.*

Of Cardus take and drie a handfull, Angelica roots three ounces, of Myrhe one drachm, Nutmegs half an ounce; Cinnamon, Ginger, of each four ounces, Saffron one drachm and a half. Cardomons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drachms, Grains one drachm; Lignum-Aloes, Spikenard, *Juncus-odoratus*, of each a drachm; Sage, Borage, Bugloss, Violets, and Rosemary flowers, of each halfe a handful: bruise these, and steep them in a pottle of Sack twelve hours, and distill it as the rest.

4 *Aqua Mirabilis*

Take three pints of White wine, one pint of *Aqua vitæ*, one pint of juyce of Salendine,

one drachm of Cardamer, a drachm of Melliot flowers, Cubebs a drachm, of Galingale, Nutmegs, Cloves, *Mace*, and *Ginger*, of each a drachm; mingle all these together over night, the next morning set them a stilling in a glass Limbeck.

The Vertues.

This water dissolveth swelling of the Lungs, and being perished, doth help & comfort them; it suffereth not the blood to putrifie; he shall not need to be let blood that useth this water; it suffereth not the heart-burning, nor melancholy or flegm to have dominion; it expelleth Urine, and profiteth the stomack; it preserveth a good colour, the visage, memory, and youth; it destroys the *Palsie*. Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

5 *Balm water.*

Take Balm dry three ounces, Thyme, Pennyroyal, of each an ounce, Cinnamon four ounces, a drachm of *Cardomus*, grains half an ounce, sweet Fennel seeds an ounce, Nutmegs and Ginger of each a drachm, Galingale one ounce, Calamus, Cypress, Cubebs and Pepper, of each two drachms, of Caper-roots half a drachm, of *Diptamus* one drachm: bruise these things, and put them to a pottle of Sack, and steep them 24 hours, and then use it as the former waters.

6. *Another Balm VVater.*

Take a gallon and a quart of Sack, put to it Annis seed and Fennel seed of each one pound,

Liquorice scraped and bruised a quarter of a pound, of Coriander seed corrected, and Caraway seed, of each as much; Cowslip flowers clipt from the whites, and Rosemary flowers well pickt, of each one pound; of red Mints, wilde Time, of each a good handful, and of Baulm a pound: steep all these first in the Sack 4 hours, in the brasse pot wherein they shall be distilled, and then distil them in a Limbeck.

7 A Barly water to purge the Lungs and Lights of all diseases.

Take halfe a pound of fair Barley, a gallon of running water, Liquorice half an ounce, Fennel seed, Violet leaves, Parselie seed, of each one quarter of a ounce, red Roses as much, of Isope and Sage dried, a good quantitie of either, of Harts tongue twelve leaves, a quarter of a pound of Figs, and as many Raisins; still the Figgs and Raisins, put them all into a new earthen pot, with the water cold, let them seeth well, and then strain the cleerest from it, drink of this a good quantity, morning and afternoon, observing good diet upon it; it taketh away all Agues that come of heat, and all ill heat: it purgeth the Lights, Spleen, Kidnies and Bladder.

8 A Water for a sore Mouth.

Take of Sage, Rosemary, and Woodbine leaves, a like quantity, *viz.* a handful and half of either, boyl them in a quart of running water, with as much of the best Allom as an

Egg,

Egg, and let them boil to a pint, then put in a pint of white Wine, and let them boil again, and ſo ſoon as it boileth, take it off the fire, and let it cool, and then put it up in a glaſs, and therewith waſh your mouth morning, evening and at night, and other times as cauſe requires, till it be well.

9 *Another for the ſame uſe.*

White wine, and fair water, of each a quart; wine Vinegar a pint, red Sage a good quantity, Mercury two penniworth, Roch Allom half an ounce, Roſemary an handfull, Woodbine leaves ſomewhat more, and 3 ſpoonfulls of Honey; ſeeth them together, and waſh your mouth therewith.

10 *Roſa ſolis.*

Take of Liquorice 8 ounces, Anniſe-ſeeds, Carraway, of each an ounce; Raiſins ſtoned, Dates of each three ounces, Nutmegs, Cinnamon, Ginger and Mace, of each half an ounce, Galingale a quarter of an ounce, Cubebs a drachm, Figs two ounces, Sugar four ounces; bruiſe theſe, and diſtill it with a gallon of *Aqua vitæ*, as the reſt: But when it is diſtilled, you muſt colour it with the herb *Roſa ſolis*, or elſe Alkanet root.

11 *Wormwood water*

Take of Wormwood two ounces and a half, Sage, Bittony, and Rue, of each half a handful, Roſemary tops a handful, Cinamon 3 ounces, Nutmegs half an ounce, Cloves and Mace of

each half a drachm, Ginger one ounce, Galingale, Cubebs and Spikenard, of each a drachm and a half, of *Scordium* half an handful, bruiſe theſe, and put them into a pottle of Sack, and a pint of *Aqua vitæ*, and ſteep them 24 hours, and diſtil them as the reſt.

12 *Aqua Fortis.*

Take of Vitriol prepared as for oyl of Vitriol two pound, Salt Peter purged one pound; beat them together, and put them in a Retort well luted, place it in a furnace with a large receiver, and giving fire to it, diſtill it by degrees for 24 hours, rectifie the water in ſand.

13 *Water of Snails.*

Take of the juyce of ground Ivy, Colts foot, Scabious, Lungwort, of each one pound and a half; the juyce of Purſlain, Plantane, *Ambroſia*, *Pauls* Betony, of each a pound; Hogs blood, White wine, of each four pound; Garden ſnails two pound; dryed Tobacco leaves, eight; powder of Liquorice two ounces, Alicampane half an ounce, of Orris an ounce, Cotton ſeeds an ounce and half, the greater cold ſeeds, Anniſe-ſeeds, of each ſix drachms; Saffron one drachm, the flowers of red Roſes ſix pugils, of Violets and Borage, of each four pugils; ſteep them three days warm, and then diſtil them in a glaſs Still in ſand.

14 *An*

14. *An excellent Water against the Stone in the Kidnies.*

Take of the middle rind of the root of Aſh bruiſed two pound, Juniper Berries bruiſed three pound, Venice Turpentine that is very pure two pound and a half, put theſe into 15 pints of ſpring water, in a glaſs Veſſel well cloſed, and there let them putrifie in Horſe dung for the ſpace of three months; then diſtil them in aſhes, and there will come forth an oil and a water, ſeparate the one from the other. Ten or twelve drops of this oyle being taken every morning in four or ſix ſpoonfulls of the ſaid water, diſſolves the gravel and ſtone in the Kidnies moſt wonderfully.

15 *A water for outward or inward Wounds, Impoſtumes, and Ulcers, and a ſore mouth.*

Take Plantain, Ribwort, Bone-wort, wild Angelica, red Mints, Betony, Egrimony, Sanacle, Blue-bottles, White-bottles, *Scabious*, Dandelion, Avens, Honey-ſuckle leaves, Bramble buds, Hawthorn buds and leaves; *Mug*-wort, Daiſie roots, leaves and flowers; Wormwood, Southernwood, of each one handful. Boil all theſe in a pottle of white wine, and as much ſpring water, till one half be waſted, and when it is thus boiled, ſtrain it from the herbs, and put to it half a pound of Honey, and let it boil a little after, and put it into bottles, and keep it for your uſe.

Note, that theſe Herbs muſt be gathered in *May*

May onely, but you may keep them dry, and and make your water at any time.

If the wound be inward, 3 or four ſpoonfuls morning and evening, will in a ſhort time eaſe cure, if not too far gone, as almoſt nothing can recover the Patient.

If outward, it muſt be waſhed therewith, and linnen clothes wet in the ſame applyed thereto.

16. *A very excellent Water againſt Worms.*

Take of Wormſeed bruiſed eight ounces, the ſhavings of Harts-horn two ounces, of Peach flowers dryed an ounce, of Aloes bruiſed half an ounce, pour on theſe the water of Tanſie, Rue, Peach flowers, and of wormwood, of each a pint and a half, let them (being put into a glaſs veſſel) be digeſted the ſpace of three days, then diſtil them; cohobate this water three times.

This Water may be given from half an ounce to three ounces, according to the age of the Patient.

17 *An Excellent ſweet VVater.*

Take a quart of Orange flower water, as much Roſewater, add thereto of Musk mallow ſeeds groſly bruiſed four ounces, of Benjamin two ounces, of Storax an ounce, of *Libdanum* ſix drachms, of Lavender flowers, and ſweet Marjoram, of each two pugils, of *Calamus Aromaticus* a drachm, diſtil all theſe in a glaſs Still *in balneo*, the veſſels being very well cloſed, that no vapour breath forth.

But upon urgent or ſudden occaſion, you may make a ſweet water in an inſtant, by putting a few drops of ſome diſtilled oyls togethe into ſome Roſewater, and brewing them well together.

18 *How to make artificial Tunbridg water.*

This water proceeding from an Iron mine, (as is granted by all) is thus made: Take of the Mine or Ore of Iron, beat it very ſmall, and put it into the Furnace expreſſed in *p.* 83. of *John French* his Art of Diſtillation; and there will come forth an acid ſpirit and flowers, which you muſt mix together, till the acid ſpirit extracts the ſalt out of the flowers; then decant off the cleer liquor, which will have a ſtrong taſte and ſmell of Iron.

A few drops of this liquor put into a glaſſe full of fountain water, give it the odour and taſte of *Tunbridg* water, and communicates the ſame operations to it.

It opens obſtructions, purgeth by Urine, cleanſeth the Kidnies and Bladder, helps piſſing of blood, and difficulty of making water, it allayeth all ſharp humours, cureth inward Ulcers and Impoſtumes, cleanſeth and ſtrengtheneth the Stomack and Liver, &c. The doſe is from one pint to ſix, but by degrees. Uſe moderate exerciſe after taking it, and faſt ſeven or eight hours, till the water be gone out of the body.

19 *How to make artificial Epſome water.*

Take of the mine of Allom, or Allom ſtones, powder it very ſmall, and diſtill it in the furnace expreſſed in *page* 83. of *John French* his Art of Diſtillations, and there will diſtil over a certain acid alluminiſh water, which muſt be mixed with a double quantity of Nitre-water. For Epſom water hath a certain kind of acid taſte, which is partly nitrous, and partly alluminous, which proceedeth from nitrous air, and vapours ariſing from the fermentation of alluminous mines, being firſt mixed together, and then mixed with the fountains paſſing through the earth.

A few drops of this water put into a glaſs full of fountain water, will give it the odour and taſte of Epſome water, ſo that the ſmell or operation will ſcarcely be diſcerned from it.

This water purgeth ſharp burning humours, cools an inflamed, and opens an obſtructed body, cleanſeth the Kidnies and Bladder, cureth inward Ulcers and Impoſtumes, and is a very good preſervative againſt the Conſumption, &c.

Fountain water made acid with this liquor, may be taken from one to ſix pints: after it uſe moderate exerciſe, and faſt till the water be out of the body. Onely ſome thin warm

ſup-

ſuppings may be taken to help its working; ſome take this water warm.

20 *Spirit of Confection of Alkermes, & its Vertues.*

It is an excellent comforter of the Spirits, vital, natural, and animal, in weak and delicate perſons, and againſt all trembling penſiveneſs, and ſudden qualms of the heart.

21 *Spirits of Saffron, its vertues.*

It is good to comfort the vital Spirits againſt paſſions, trembling, and penſiveneſs of the heart, and helpeth all malignity oppreſſing it, and expelleth winde; ſuppreſſeth fumes which ariſe from the ſpleen, and go up to the head, and openeth the obſtructions of it. It is excellent againſt all Melancholy; and very good for women in travel, for it comforteth, and haſteneth delivery.

The doſe is morning and evening one ſpoonfull for three dayes together.

22 *Extract of Ambergreece.*

Take a drachm of Amber-greece, grinde it very ſmall on a Painters ſtone, then put it into a bolt head, then take of the beſt ſpirit of Wine, either Canary or Malago Sack, half a pound, ſpirit of Clary two ounces; mingle

mingle them together well, and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo, about eight hours, shaking it together three or four times; then take it out, and being cold, pour it forth, and put almost as much more of the mixed spirits, digested as before in a gentle heat by Balneo, then put it forth to the first extracted; and adde halfe as much more spirits the third time, and digest it again: and then have you extracted all the special part of the Amber, and leave nothing but a black dead earth of no value. Then take a pint of the spirit of what herb you will use, and dissolve therein one pound of pure white sugar candy, or at the least twelve ounces, very finely powdered and searced thorow a fine searcer, for the speedier resolution thereof: It is best to dissolve it cold. This dissolution must be twice filtered thorow a thin cap paper, to make it very perfect clear; then take three parts of this dulcified spirit to one of your extract of Amber drawn with spirit of wine; then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear: one drachm of this extraction of Amber will serve to dulcifie and make fit two quarts of the spirit of Mints, or Clary, or the like, and give it a most excellent taste, and efficacious vertues.

23 *Spirit and water of wormwood, the lesser Composition*

Take of the leaves of dried Wormwood two pound, Annis-seeds halfe a pound; steep them in six gallons of small wines 24 houres, then distill them in an Allembick, adding to every pound of the distilled water two ounces of the best sugar.

Let the two first pound you draw out be called *Spirit of Wormwood*; those which follow *Wormwood water the lesser Composition.*

24 *Spirit and water of Wormwood, the greater Composition.*

Take of common and Roman Wormwood of each a pound; Sage, Mints, Bawm, of each two handfuls; the roots of Gallanga, Ginger, Calamus-aromaticus, Alacampane, of each three drachms, Liquoris one ounce, Raisins of the Sun stoned three ounces, Annis-seeds and sweet Fennel seeds, of each three drachms; Cinamon, Cloves, Nutmegs, of each two drachms; Cardamoms, Cubebs of each one drachm: Let the things be cut that are to be cut, and the things bruised that are to be bruised; all of them infused in 24 pints of Spanish Wines for 24 hours, then distilled in an Allembick, adding two ounces of white sugar to everie pint of distilled waters.

Let the first pint be called Spirit of Wormwood, the geater Composition.

25 *Spi-*

25 *Spirit and water of Angelica.*

Take of the leaves of Angelica eight ounces, of *Carduus Benedictus* six ounces, of Bawm and Sage of each four ounces, Angelica seeds six ounces, sweet Fennel seeds nine ounces: Let the herbs (being dried) and the seeds be grossy bruised; to which add of the spices called *Aromaticum Rosatum*, and of the spices cal'd *Diamoscha dulce*, of each an ounce and a half; infuse them two daies in thirtie two pints of Spanish wine, then distil them with a gentle fire; and with everie pound mix two ounces of sugar dissolved in Rosewater. Let the three first pound be called by the name of Spirit, the rest by the name of Water.

26 *Spirit of Wine extraordinarie.*

Take the finest paper you can get, or else some virgin parchment, strain it very right and stiffe over the glass body wherein you put your Sack, Malmsie or Muscadine; oyl the paper or virgin parchment with a pensil moistned in the oyle of Ben, and distill it *in Balneo* with a gentle fire, and by this means you shall purchase only the true spirit of Wine. You shall not have above two or three ounces at the most out of a gallon of wine; which ascendeth in the form of a cloud without any dew or veins in the helm: Lute all the joynts well in this distillation. This pirit will vanish in the air, if the glasse stand open.

27 *Quinte-*

27 Quinteſſence of Snakes, Adders, or Vipers.

Take of the biggeſt and fateſt Snakes, Adders or Vipers, which you can get in *June* or *July*, cut off their heads, take off their skins, and unbowel them, then cut them into ſmall pieces and put them into a glaſſe of a wide mouth, and ſet them in a warme *Balneo* that they may be well dryed, which they wil be done in three or four dayes, then take them out and put them into a bolt head, and pour on them of the beſt alcolizated Wine, as much as wil cover them ſix or eight fingers breadth; ſtop the glaſſe hermetically, and digeſt them fifteen daies in *Balneo*, or ſo long til the Wine be ſufficiently covered, which pour forth; then pour on more of the foreſaid ſpirit of wine til all the quinteſſence be extracted: Then put all the tinged ſpirits together, and draw off the ſpirit in a gentle Balneo, til it be thick at the bottome; on this pour the ſpirit of Wine caryophilated, and ſtir them wel together, and digeſt them in a Circulatory ten daies; then abſtract the ſpirit of wine, and the quinteſſence remaineth at the bottome perfect.

This quinteſſence is of extraordinary vertue to purifie the blood, fleſh and skin, and conſequently all diſeaſes therein. It cures the falling ſickneſſe, ſtrengthens the braine, ſight, and

and hearing; and preſerveth from gray hairs, reneweth youth, preſerveth women from Abortion; cureth the Gout, Conſumption, cauſeth ſweat, is very good in and againſt peſtilentiall infections.

28 *A liquor againſt the tooth Ach.*

Take of oyle of Cloves well rectified half an ounce, in it diſſolve half a drachm of Camphire; adde to them of the ſpirit of turpentine four times rectified (in which half a drachm of Opium hath been infuſed) half an ounce. A drop or two of this liquor put into a hollow tooth with ſome lint, eaſeth the tooth ach preſently.

29 *A Liquor to comfort ſmelling, and preſerve the head.*

Take *Lignum aloes* two ounces, Annis-ſeed four ounces, *Calamus aromaticus* one ounce, Calamint dried three ounces, common hony two pound, ſtrong white wine twelve pound, let all theſe be infuſed for four daies, and then diſtil it in *Balneo*; and when you diſtil it, put into the Receiver ſix grains of Muſk diſſolved in two ounces of Roſewater, and diſtil away but three pound, the which keep in a glaſſe cloſe ſtopped; and when you will comfort the ſmelling, waſh the face and beard therewith, and you ſhall ſmell a ſavour of marvellous effect, which comforteth nature marvelouſly; it comforteth the ſtomacke, and helps a ſtinking breath; it helpeth the mouth being ulcerated,

ted, and those that have the rupture in short time, if you wash it twice a day therewith; it helpeth also women that are troubled with descension of the Matrix; if you wet a cloth in it and lay it upon the mother, in short space it restores great health. Also it helpeth those that are troubled with the Meagrum, or paines in the head coming of cold or winde; if you wash the head with the said liquor, it presently giveth ease. It hath divers other vertues, which I will not now recite.

30 *To make an Antimonial cup, and to cast divers figures of Antimony.*

Take the best crude Antimony very well powdered, Nitre, of each a pound; of crude Tartar finely powdered two pound, mix them well together, and put them into a crucible; cover the crucible, and melt them, and the Regulus will fall to the bottome, and be like a melted metall: then pour it forth into a brass morter, being first smeared over with oyl.

This Regulus (when you have made enough) you may melt again and cast into what moulds you please: You may cast it into the forms of shillings or half crowns; either of which if you put into two or three ounces of Wine in an earthen glazed vessel, or glasse, and infuse in a moderate heat all night, you may have a liquor in the morning which will cause vomit; of which the dose is from two drachms to two ounces and half.

You

You may put a little Cinamon into the wine, to correct and give a grateful relish to it.

It is the custom to fil the Antimonial cup with wine, and to put as much wine round about betwixt that and the little earthen cup where it stands, and so infuse it all night, and then drink up all that wine; but I fear that so much wine wil be too much, a being three or four ounces, when as we seldom exceed the quantity of two ounces of the infusion of Antimony.

These cups or pieces wil last for ever, and be as effectual after 1000 times infusion, as at first: and if they be broken at any time, (as easily they may, being as brittle as glass (they may be cast again into what forms you please.

Note, that he that casts them must be skilful in making his spawde, as also in scowring them, and making them bright afterwards: for if they be carefully handled, they wil look even as bright as silver.

31 *How to make the true spirit of Antimony.*

Take of the subtil powder of the Regulus of Antimony, as much as you please; sublime it out of it self, till it will sublime no more (still putting what is sublimed to that which remains at the bottom) or with salt Armoniack six or seven times, remembring that then you must dulcifie it with warme water, by dissolving therewith the salt, and dry the precipitate afterwards. Set this fixed powder in a celler, laying it very thin upon a marble Stone; and

in

in about six weeks, or two months it wil all be dissolved into water, which must be filtered. Then evaporate part of this water, and let it stand two or three daies in the Cellar to crystallize; these Crystals purifie and drie: mix them with three times the quantity of the gross powder of Tiles, and distil them in a retort, and there will come forth first a white spirit and then a red, which you may rectifie in *Balneo.*

32 *The true Oyl or essence of Antimony is made thus.*

Take of the foresaid crystals, dissolve them in good rectified spirit of wine, digest them two months in Balneo, or horse dung; then evaporate the spirit of wine, and there will remaine in the bottome, the true oyl or essence of Antimony.

Then take new crystals of Antimony, and let them inbibe either this oyl, or the foresaid spirit, till they will inbibe no more; then digest them two months in sand, and they will become a flowing fixt salt, and of excellent vertue.

The foresaid spirit, this oyl and essence of Antimony, may be equallized to *Aurum Potabile*, to all intents and purposes, according to a medicinal use, especially the fixt essence. The dose is five or six grains.

33 *Worm-*

33 *Wormwood wine.*

Take a handful of dried Wormwood for every gallon of wine, ſtop it in a veſſel cloſe, and ſo let it remain in ſteep. So is prepared Wine of Roſemarie flowers and Eye bright.

34 *To make an Artificial Malago VVine.*

Firſt take a wine barrel well hooped and dreſſed, with one end being open, to which a cloſe cover muſt be well fitted, which muſt be to take off, and put on at pleaſure. Set it in a warm place, winter or ſummer, and fill it full with clear and pure water; to each three gallons put ſix pound of the beſt Malago Raiſins, which you muſt bruiſe in a ſtone morter, and then ſtrew upon the water; upon each twenty gallons of which, you muſt caſt an handfull of *Calx vive*; then cover the veſſel cloſe with the cover, and caſt clothes upon it to keep it warm, and let it ſtand four or five dayes to work, as Wine or Beer doth when they be new: then ſee if the raiſins be riſen up to the top of the water; if ſo, then put them down again, and cover it again as before, let them thus ſtand three weeks or a moneth together, the Raiſins being every fourth or fifth day put down in caſe they riſe up. Then put a tap into the Veſſel three or four fingers above the bottome, and try if it be good, and taſte like wine; if not, let it ſtand a while longer; but if ſo, draw it off into another wine Veſſel, and to every twenty gallons that you have drawn off,

put

put a pint of the beſt *Aqua vitæ*, two new laid Hen-egs, and a quart of Alligant beaten well together, and let it ſtand in a Cellar as other wine doth, til it be clear, and fit to be drunk.

35 *How to make artificial Claret wine.*

Take ſix gallons of water, two gallons of the beſt Cider, put thereunto eight pound of the beſt Malago Raiſins bruiſed in a mortar, let them ſtand cloſe covered in a warm place, the ſpace of a fortnight, every two dayes ſtirring them well together; then preſſe out the Raiſins, and put the liquor into the ſaid Veſſel again; to which add a quart of the juice of Raſpberries, and a pint of the juyce of Black-Cherries; cover this liquor with bread ſpread thick with ſtrong Muſtard, the Muſtard ſide being downward, and ſo let it work by the fire ſide three or four dayes, then tun it up, and let it ſtand a week, and then bottle it up, and it wil taſte as quick as bottle-Beer, and become a very pleaſant drink, and indeed far better and wholſomer then our common Claret.

36 *How to make good Raſpberry VVine.*

Take a gallon of Sack, in which let two gallons of Raſpberries ſtand ſteeping the ſpace of twenty four hours, then ſtrain them and put to the liquor three pound of Raiſins of the Sun ſtoned, let them ſtand together four or five dayes, being ſometimes ſtirred together: Then pour off the cleareſt, and put it up in Bottles, and ſet it in a cold place.

place. If it be not ſweet enough, you may add ſome ſugar to it.

37 *Oyl of Almonds.*

Take Almonds, blanch them, and put them into a pot, and ſet that pot in another pot of water that boileth, and the ſteam of the ſeething pot, will ariſe and enter into the pot with the Almonds, and that will become Oyl, when they are ſtamped and wringed through a cloth: thus they make oyl of the kernels of Filberts, VValnuts, &c.

38 *Oyl of Sage.*

Take the Sage, and boil it in Oyl of Olives, till it be thick and greene: then ſtraine the Oyl from the Sage, and reſerve it.

39 *Oleum Laureum.*

Take Bay-leaves, grinde them well, and boil them in Oyl of Olives til it be green, then ſtrain it and cool it, &c. This is for coldneſs in the Lims, Palſies, and ſuch mortifications, &c.

40 *Oyl of Tobacco.*

Take the Green leaves of Tobacco, cut them ſmall and put them into a glaſſe or gallipot wel ſtopped, then fil it up with Sallet oyl, ſet it a good while in hot water, or in the Sun fourtie daies, and you ſhall find it a precious Balme.

41 *Oyl of Roſes.*

Take Sallet Oyl, and put it into an earthen pot; then take Roſe leaves, clip off all the white

white, and bruiſe them a little, and put them into the oyl, and then ſtop the pot cloſe with paſte, and ſet it into a boiling pot of water, and let it boil one houre; then let it ſtand all one night upon hot Embers, the next day take the oyl and ſtraine it from the Roſe leaves into a glaſſe, and put therein ſome freſh roſe leaves clipt as before; ſtop it and ſet it in the Sun every day for a fortnight or three weeks.

42 *Oyl of Creame.*

Take Creame and ſeeth it ſoftly upon ſome embers, and it will become an Oyle: this wil cure the gout in a hauks leg.

43 *Oyl of Swallows.*

Take two dozen or twentie Swallows out of the neſt, a good handful of Roſemary, as much Lavender cotton, and as much Strawberry leaves, ſtrings and all, ſtamp all theſe together, and fry them altogether in *May* Butter, or rather ſallet Oyle, til the rawneſſe be gone; then put it in an earthen pot faſt ſtopped nine days, and then fry it again; wring it thorow a cloth, and keep it in a glaſſe or galliport; and being warmed, annoint the place grieved therewith, it is good for all Aches, and for the ſhrinking of Sinews.

44 *Oyl of Roſes.*

Take a pint of good Sallet oyl, or more, as you

you please, then take as much red Rose leaves, the white clipt off, three quarters of a pint, put them into a stone pot, stop it close with paste, and set it so long in a greater pot of boiling water; till the strength of the Roses be gone into the Oyl, then wring the Roses thorow a Canvas cloth, till they be drie, then put in new, stop them, boil, strain, and change them thus four or five times, til you think it strong enough of the Roses; then put it up for your use. This is the best Pattern for these Oyles.

45 *The use of Oyl of Violets.*

Oyl of Voilets. Camomile, Lillies, Elder-flowers, Cowslips, Rue, Wormwood, and Mint, are made after the same sort. Oyl of Violets if it be rubbed about the Temples of the head, doth remove the extream heat, asswageth the head-ach, provoketh sleep, and moisteneth the Braine, it is good against melancholy, dulnesse and heavinesse of the Spirits, and against swellings and sores that be over hot.

46 *The use of the oyl of Camomil.*

Oyl of Camomil is good in glisters, for the Agues that come of costive stoppings; it asswageth all paine and Ach, it cureth wearied, and bruised parts, it loosneth and softneth hard and swoln parts, and openeth all which is stopped.

47 *The use of oyl of Lillies*

Oyle of Lillies is good to supple, mollifie and

nd ſtretch ſinnews that be ſhrunk, it is good o annoint the ſides and veines, in the fits of the tone.

48 *The uſe of the Oyl of Elder-flowers.*

Oil of Elder flowers is good for the hardneſs nd paines of the liver and ſpleene, if the ſides be therewith annointed; But you muſt not ome neer the bottome of the bellie where the bladder lies, nor the hollow of the ſtomack: It is very good to apply to green wounds, with ſome lint dipped in it, for it cooleth and heal eth them, and alſo feſtring ſores.

49 *Oyle of Cowſlips*

Oyle of Cowſlips, if the nape of the neck be anointed with it, is good for the Palſie; it comforteth the ſinnews, the heart and head.

50 *The uſe of the Oyl of Rue.*

Oyle of Rue is good to be uſed in Gliſters againſt the Collick and Stone: It is good for the Kings Evill, or any ſwellings in the throat; it doth warme and diſſolve cold humors in any joint; it provoketh Vrine, being annointed about the region of the Bladder; it is good to annoint the Spleene for the ſtopping of it.

51 *The uſe of the Oyl of Wormwood.*

Oyle of Wormwood is good for ſtrains and bruiſes, and to comfort the ſtomack. It is made of the green herb, as are the Oyles of Camomile, Rue, and Mint.

52 *The*

52 *The use of the Oyle of Mint.*

Oyle of Mint comforteth the stomack, overlaid and weakned with casting: it doth drive back milk, and dry up womens brests, and doth keepe them from being sore, being therewith annointed.

53 *To make the Oyle of Salerne.*

Take Southernwood, Wormwood, Lavender tender Crops, Rose leaves, Camomile, Saint *Johns* Wort, red Sage, Rosemary tops, of each one handfull; cut them somewhat smal, as it were about an Inch long, and bruise them a little; then put to them a pint of the best *Aqua vitæ*, and a pottle of the best Sallet-Oyl you can get: boyl them an hour and half upon a soft fire, keeping them from burning, with continual stirring; then strain it thorow a linnen cloth, and when it is cold, put it up in a glasse, and keep it for all cold infirmities. When you use it, warme the Oyl a little, and warme your hand against a Chasingdish of coales, and annoint the place pained therewith.

54 *How to compose the Oyl of Excester.*

Take one pound and a halfe of the Flowers of Cowslips, and steep them in three pints of the best Candy oyl, and let them so stand three weeks, or a month: and then take of Calamint, Saint *Johns*-wort, Sage, Egremony, Sothernwood, Penneroyal, Wormwood, Lavender, Parietarie, Rosemary, Camomile,

Pelli-

Pellitory of Spain, Bay-leaves, Scabious, of each a handful: beat them in a ſtone Mortar, as ſmal as you can, then ſtrain the Cowſlipflowers from the Oyle, and ſtamp them among the other herbs as ſmal as you can, and put them altogether in aquart of whitewine, and let them ſtand therein twenty foure hours, then put the Oyl to them, and boil them upon a ſoft fire, til they be ſo incorporate together, that it is all become oyl: then letting it cool a little while, ſtrain it into ſome earthen pan, there keep it till it be cold, and then put it up in ſome glaſs or gally-pot.

55 *Oyl of Amber.*

Take of yellow Amber one part, burnt flints or powder of tiles two parts, diſtil them in a Retort in ſand, keepe the white cleare oyl which comes out firſt by it ſelfe; then diſtill it on till all come out, keep both oyles ſeverally, and rectifie them with water, gather the ſalt of Amber which ſticks to the neck of the retort, and being purged by ſolution, filtration, and coagulation, according to art, keep it for uſe.

56 *How to make an excellent Oyl of Hypericon.*

Take flowers, leaves, and ſeeds of Hypericon as much as you liſt, beat them together, and infuſe them in white-wine, that they may be covered therewith, and ſet them in the ſun for ten dayes; then put there-

thereto ſo much oyl of Olives as all the reſt doth weigh, and let it ſtand ten daies more in the Sun: But look you weigh the oyl, to know how much it is; then put thereto for every pound of oyl two ounces of Turpentine, and one drachm of Saffron; and of Nutmegs and Cloves of each halfe an ounce; of Mirrhe and Roſin of each an ounce, and of the roots of Briony two ounces; put them all in a veſſel of glaſſe, and mix them wel together, and then ſet them in a veſſel of hot water, and ſet thereto an head of glaſſe and a Receiver well ſhut, and boil it ſo long untill no more will diſtil from it, which will be about twenty four hours; then take it out and ſtraine it whilſt it is hot, and keep it in a veſſel of glaſſe. And when you uſe it, firſt heat it well, and apply it upon a wound without uſing any tent at all. This is excellent for a green wound, eſpecially if there be veins, ſinnews, or bones offended or cut: It keepeth wounds from putrefaction, it cleanſeth them, and eaſeth pain, and doth incarnate and skin them: It helpeth bruiſes, pains, aches, or ſwellings in any part; and is wonderfull againſt venome or poyſon.

57 *Oyl of St.* Johns *Wort.*

Take a quart of Sallad oyl, put thereto a quart of the flowers of St. Johns wort wel picked, let them lie therein all the year till the ſeeds be ripe, the glaſſe muſt be kept warme either in the Sun, or in water, all the Summer

ntil the ſeeds be ripe; then put in a quart of
t. Johns wort ſeeds whole, and ſo let it ſtand
welve hours; then you muſt ſeeth the oyl
ght hours, the glaſſe being kept open, and
e water in the pot full as high as the oyl is of
ight in the glaſſe; then when it is cold, ſtrain
that the ſeeds may not remaine in the oyl,
d then put up the oyle for your uſe.

58 *Oyl of yolks of Eggs.*

Boil the yolks till they be hard, and bruiſe
em with your hands, or with a peſtle and
ortar; heat them in an earthen veſſel glazed
till they begin to froth, ſtirring them dili-
ntly that they burn not: being hot, put them
a linnen bag, and ſprinkle them with aro-
atick wine, and preſs out the oyl according
art.

59 *To make oyl of Mandrakes.*

Take of common oyl two pound, juyce of
ndrake Apples, or (for want of them) of
leaves, four ounces; juyce of white Hen-
ne two ounces, juyce of black Poppie heads
ee ounces, juyce of Violets, and tender hem-
k of each one ounce: Set them all in the ſun,
after the tenth day, boil them to the con-
ption of the juyce; then put in Opium
ly beaten, and Styrax Calamitis diſſolved
a little Turpentine, of each halfe an
ce.

60 *Oyl of Musk how made.*

Take two Nutmegs, Musk one drachm, In-

dian leafe or Mace, Spkenard, Costu
Mastick, of each six drachms; Styrax C
mitis, Cassia lignea, Mirrh, Saffron, Clove
Cinnamon, Carpobalsamum, or Cube
Bdelium, of each two drachms; pure oyl th
pound, Wine three ounces: bruise them as
ought to do, mix them, and let them boil ea
til the wine be consumed, the Musk being m
ed according to art, after it is stra
ed.

61 *How to make oyl of Snakes and Adders.*

Take Snakes or Adders when they
fat, which will be in June or July, cu
their heads and take off their skins, and
bowel them, and put them into a glasse go
and pour out so much of the pure spirit of w
wel rectified, that it may cover them fou
five fingers breadth; stop the glasse wel,
set it in *Balneo* till all their substance be
ned into an oyl, which keep well stopt for
use.

This oyl doth wonderfull cures in rec
ring hearing in those that be deaf, if a
drops thereof be put warme into the e
It's reported that some have beene c
that were borne deafe, by using
oyle.

62 *An oyntment for a Rupture.*

Take of Sanicle two handfuls, of Adders-ague, Doves foot, and ſhepherds purſe, of ch as much, of Limaria one handful, chop em ſomewhat ſmal, and boile them in Deers et, until the herbs be crumbly and waxe y.

63 *Flos Unguentorum.*

Take Roſin, Peroline, Virgin Waxe, f each halfe a pound, melt all theſe together nd put into them one quarter of a pound of Roſemary tops beaten ſmall; put then to them ll together, a pottle of white wine, let them boil wel together, then ſtrain them through a courſe linnen cloth into a pot or pan, and when it is old, put the wine from it as much as wil, and nd melt the medicine again, and put therein wo ounces of Camphire, Venice Turpentine ne quarter of a pound, Sallet oyl half a pint, et it boile a little, and put it up in ſome ally-pot for your uſe. It is good for new or ld wounds, for ſinnews ſhrunke, ſtarted, or ſprung, to draw out thorns, or broken bones, healeth Biles, all Aches of the reines and backe, ſwelling of the members, and the emerauds.

64 *Unguentum Populionis*, commonly called *Pompillion.*

Take a gallon of Bores greaſe, as much of Popple buds when they firſt put out, and a handfull of Smallage; ſtampe the herbes

and the Bores greaſe together, put them to-
ther in an earthen pot well ſtopped, and ſet it
an horſe dung-hill fourteen daies together
then boil it over the fire about a quarter of a
hour, keeping it ſtill with ſtirring: when yo
are ready to take it off the fire, put there
halfe a pint of the beſt Sallet or Olive oyl, a
ſtir them wel together; then let them boil
little, and ſtrain it into an earthen pot, whic
being cloſe covered, wil keep good ſeven o
eight years.

65 *Doctor Lewins Unguentum Roſatum, good for the heat in the Back.*

Take a certain quantity of Barrows greaſe,
of oyl of ſweet Almonds and Roſewater, either
red or damaske, of each a like quantity, but of
neither ſo much as of the Hogs greaſe; beat
them together to an oyntment, put it in ſome
gally pot, and when you would uſe it, heat
it, and therewith annoint the Back and
Reins.

66 *Unguentum Sanatinum*

Take of Turpentine one pound, Wax ſix
ounces, oyl of Camomile halfe a pint, put all
together in a pan, and put to it a handfull of
Camomile bruiſed or cut very ſmall: boile
them upon a ſoft fire till they be wel melted and
no more: then take it from the fire, and ſtrain
it into a clean pan, and ſo let it cool all night,
and

and in the morning put it up for your use. This Ointment is good for any cut, wound, or breaking of the flesh, it eateth away dead flesh, and ranklings, and doth heal again quickly.

67 *Ointment of red Lead.*

Take of oyl of Roses a pound and a half, red lead three ounces, Litharge two ounces, Cerus one ounce and half, Tutty three drams, Camphire two drachms, Wax an ounce and a half, make it into an ointment according to art, in a pestle and morter made of lead.

68 *A bitter Ointment.*

Take of oil of Rue, Savin, Mints, Wormwood, bitter Almonds, of each an ounce and a half; juyce of Peach flowers and leaves, and VVormwood, of each half an ounce; powder of Rue, Mints, Century the less, Gentian, Tormentil, of each one drachm; the seeds of Colworts, the pulp of Colocynthis, of each two drachms, Aloes Hepatick three drachms, Meal of Lupines half an ounce, Myrrh washed in grasse water a drachm and half; Buls gall an ounce and a half, with a sufficient quantity of juyce of Lemons, and an ounce and a half of VVax; make it into an Ointment according to art.

69 *Apectoral Ointment.*

Take of fresh Butter washed in Violet water six ounces, oyle of sweet Almonds four ounces, oyle of Cammomile and Violets, white

Wax, of each three ounces, Hens and Ducks greaſe, of each two ounces, Orris roots two drachms, Saffron half a drachm; the two laſt being finely powdered, the reſt melted and often waſhed in Barly or Hyſop water; make an ointment of them according to art.

70 *An Ointment for an Ach, to be made at any time of the year, and is approved good, and hath helped old pains, griefs and aches.*

Take Steers gall, Sallet oyle and *Aqua vitæ*, of each five ſpoonfuls, boil them together a little, and therewith annoint the place pained by the fire, and lay a warm cloth on it.

71 *An Oyntment for the Sciatica.*

Roaſt a handful or two of Onions, and take Neatsfoot oyle, and *Aqua-vitæ*, of each a pint: ſtamp, or rather boil all theſe together to an oyle or ointment; and ſtrain it into a Gallipot, and therewith annoint the place grieved, as hot as you can endure it, morning and evening.

72 *An Ointment for any wound or ſore.*

Take two pound of Sheeps ſuet, or rather Deers ſuet, a pint of Candy oyle, a quarter of a pound of the neweſt and beſt Bee-wax: melt them all together, ſtirring them well, and put to them one ounce of oyle of Spike, and half an ounce of the Goldſmiths Boras, then heating them again, and ſtirring them all together, put it up in a Gallipot, and keep it cloſe

ſtopped,

opped, till you have cauſe to uſe it. This an approved ointment to cure any wounds ſores, new or old.

73 *A Purge to drive out the French Pox, before you uſe the Ointment.*

Take half a pint of good *Aqua vitæ*, one ounce of Treacle of Gene, one quarter of an ounce of *Sperma cati*; boil all theſe together on a ſoft fire, half a quarter of an hour, and let the Patient drink this as warm as he can, and lie down in his bed and ſweat: and if any of the diſeaſe be in his body, this will bring it forth, and bring him to an eaſie looſneſſe. This is thought the beſt and ſureſt of all other Cures, for this infirmity.

74 *The Ointment for the French Pox*

Take Barrows greaſe well tryed from the ſilmes, beat it in a Morter, till it be ſmall and fine: put thereto of Lethargy one ounce, of ſalt Peter two ounces, both in fine powder: of *Salgemme*, one ounce, of Maſtick in fine powder two ounces, of *Olibanum* in powder one ounce, of oyle of Spike one ounce, oyle of *Pulliolum* one ounce, of Turpentine one quarter of a pound; beat all theſe together into a perfect Ointment, and therewith annoint theſe places.

75 *What places to annoint for the French Pox* Viz.

The principal bone in the nape of the neck with-

out the shoulder places, taking heed it come not neer the Channel bone, for then it will make the throat swell, else not; the elbows on both sides; the Hip-bones; the Share; the knees the Hams and the Ankles: If the Patient have no Ach, annoint not these places, but onely the Sores till they be whole. If there be any Knobs lying in the flesh (as many have) annoint them often, and lay Lint upon them, and brown paper upon the Lint; and keep the Patient close out of the air, and this used will make him whole in ten dayes by the grace of God.

76 *Another purge to heal the French Pox without Ointment*

Take a great handful of *Carduus Benedictus*, of unset Leeks leaves and all, if they be great six, if small 10; cut these herbs small, and put them in an earthen pan, and with a quart of small Ale or white Wine, and one ounce of *Colequintida*, boyl them to half a pint of liquor, then strain out the liquor, and keep it in a glass, and two or three days before you set the Patient to sweat, if his body be of a strong constitution, let him drink half of it; if he be weak, a third part thereof, taking care that the Sign and day be good to purge in.

77 *An Ointment to kill the Worms in little children.*

Take oyle of Wormwood, oyle of Savine, and the powder of *Aloe Cicatrina* finely beaten,

eaten, mix them together, warm them and annoint the belly therewith morning and evening, and this will kill the belly worms; for stomack worms annoint the stomack with oyle of Wormwood, and the belly with oyle of sweet Almonds. You must not use any Savine in medicines for Maiden children, but in stead of oyle of Savine, take as much of an Oxes Gall.

78 *For the worms.*

Drink Mares milk as hot as you can have it from the Mare, in the morning fasting.

79 *An excellent good Medicine or Salve for any Ach coming of cold, easie to be made by any Country good housewife.*

Take of good Neatsfoot Oyle, Honey and Waxe a like quantity, boil them well together; Then put to them a quarter so much of *Aqua vita* as was of each of the other: and then setting it on the fire, boil it till they be well incorporated together; then spread it upon a piece of thin leather, or thick linnen cloth, and so apply it to the place pained.

80 *For a pain or Ach in the Back.*

Take Nepe, Archangel, Parsly and Clary, of each half a handful, wash them clean, cut them small, and fry them with a little sweet butter,

Butter, then take the yolks of three or four Eggs, beat them well together, and put them to the Eggs, fry them altogether, and eat them fasting every morning, with some Sugar to take away the unsavorines of the herbs. Some use to take onely Clary leaves, and Parsly washed, not cut; or Clary leaves alone, and pouring the yolks of the Eggs upon them, so fry them and eat them.

80 *A Searcloth for all Aches.*

Take Rosen one pound, Perrosen a quarter of a pound, as much Mastick, Deers Suet, the like, Turpentine two ounces, Cloves bruised one ounce, Mace bruised two ounces, Saffron two dachms; boil all these together in oyle of Camomile, and keep it for your use.

81 *An excellent Ointment for any Bruise or Ache.*

Take two pound of *May* Butter purified, pour it out from the dregs, and put in it of Broom flowers, and Elder flowers, of each a good handful, so clean picked, that you use nothing but the leaves; mix them altogether in a stone pot, and boil them seven or eight hours in a Kettle of water, being covered with a board and kept down with weights, keeping the Kettle always full of water, with the help of another Kettle of boyling water ready to fill up the first, as it wasteth; and when it waxeth some-

ſomewhat cool, but not cold, ſtrain the ointment from the herbs into a Gallipot, and keep it for your uſe.

82 *The cure of grievous pains and aches in the Body.*

A doſe of *Aromatico Leonardo*, and the application of *Emplaſtrum fœtidum*, is an approved cure for grievous pains and aches in the knees, ſhoulders, or other parts.

83 *Aches coming by the Pox healed.*

Purge twice or thrice with the ſaid *Aromatico Leonardo*, then take for four or five dayes together, half a drachm of the extract of *Hermodactiles* with white wine; then to the articular parts grieved, apply *Emplaſtrum fœtidum*. This hath in ſhort time cured one of a dark melancholy complexion, who was given over for incurable.

84 *Back weak or diſeaſed, to ſtrengthen, &c.*

Take the pith of an Oxes back, waſh it in Wine or Ale, and beating it very ſmall, ſtrain it through a courſe cloth, and make a caudle of it with Muskadine or ſtrong Ale, boil therein a few Dates ſliced and the ſtones taken out, and drink it firſt and laſt as warm as you can, walking well, but temperatly after it: Toaſted Dates often eaten are very good for the ſame.

85 *To take the Ague out of any place.*

Take Vervine and black Hemlock, of each an

an handful, boil them in a pint of freſh Butter til they be ſoft and begin to parch againe: Then ſtraine the Butter from the herbs and put it into a gallipot, and two or three times a day annoint the place grieved, with a ſpoonful or two thereof. *Probat.*

86 *For the Ague in children, or women with child.*

Take Venice Turpentine, ſpread it on the rough ſide of a piece of thin leather two fingers breadth, and ſtrow thereon the powder of frankincenſe finely beaten, and upon it ſome Nutmegs grated; Binde this upon the wreſts an hour before the fit comes, and renew it ſtill till the fit be gone.

87 *An eaſie and approved Medicine for a quartaine Ague.*

Take a white flint ſtone, (for it will beſt endure the fire without breaking) burne it in the fire till it be red hot, then quench it in ordinary Beere, and let the Patient drink of it a little before the fit cometh, and likewiſe in the fit. Let this be done three or four ſeverall daies, at the time when the fit is expected. A woman by this onely medicine did cure divers of quartain Agues, when long and much Phyſick could not prevaile.

88 *An Almond milk to cool and induce ſleep.*

Take ſweet Almonds blanched five pound, beat

beat them in a ſtone mortar, by ſprinkling them now and then with a little barley-water; at laſt put a quart of barley water to them, and four ounces of fine ſugar; then ſtrain it, adding two ounces of Roſewater. This may be drawn out with chicken broth, and ſweetned with Sugar Candy in ſtead of other ſugar.

89 *For an Andcome.*

Put half a dozen knots of a young oak into a fire pan, and burn them to a red coal; and take Bores greaſe and fine ſuet, and two or three corns of ſalt. and ſtampe them very fine, and ſo make a plaiſter of it; and if it do draw and heal too faſt, lay lime underneath the ſalve: dreſſe it twice a day in winter, and thrice in ſummer.

90 *Liquid Amber, and its medcinal vertues.*

Take *liquid amber*, and diſtil it in a retort, and there from will come a red oyl. This oyl is uſed againſt all indiſpoſitions of cold, and moiſture, or wind. The ſame healeth ſcabs, and is good for wounds. If you annoint the ſtomack therewith, it will exceedingly comfort the ſame; for it is a thing incorrupptible, and like unto *Balſamum.*

91 *A moſt Soveraign Balſam for ſeveral diſeaſes.*

Take five pints of Sallet oyl, one pound of

of Venice Turpentine, half a pound of Virgins Waxe, ſix ounces of red ſanders, halfe a pint of Damaske Roſewater. Firſt put your oyl with ſix ſpoonfuls of Roſewater into a clean skillet, or new pipkin, and let it boile a quarter of an hour; waſh the Turpentine with the reſt of the Roſe water, pare the wax clean, and cut it into thin ſlices, and put it into another clean skillet or new pipkin with the Turpentine; Let them be wel melted and mixed together: then pour the water from the oyl (if you can ſee any) and put it into the Wax and Turpentine, and let them boyl upon a gentle fire a dozen walms: Then take it off, and put in the ſanders by two ounces at a time, mingling and ſtirring it wel: then let it boil a dozen walms more, ſtir it to avoid burning; then ſtrain it into a baſon,& fil it into gallipots

92 *For a ſudden bleeding at the noſe*

Burn an Egg ſhel in the fire, till it be as black as a Cole, then beat it to a fine powder, and let the party ſnuffe it up into his noſtrils.

93 *A remedie for the ſpitting of blood, occaſioned by the breach of ſome vein in the breſt.*

Take Mice dung beaten to powder as much as will lie upon a groat, and put it into halfe a glaſſe ful of juice of Plantane with a little ſugar, and ſo give the Patient thereof to drink morning and evening: continuing the

ſame

ame he ſhall be ſound.

94 *To ſtop bleeding of a wound.*

Take Vervine dried and made into powder, nd put it in the wound, and it wil leave bleed- ing. Burne alſo the ſole of an old hoſe, and put in the Aſhes into a wound, and it wil leave bleeding.

95 *To ſtop inward bleeding.*

Drinke the juyce of Neepe, and it will help you.

96 *A medicine for thoſe that are given to bleeding.*

Make a Poſſet, take off the curd, and take liver-wort and beat it, and put the juyce thereof into the Poſſet-drink, and drink it morning and evening warme.

97 *To ſtanch bleeding at the noſe.*

Take Bolearmanack and the white of an egge, and vinegar, and beat them together and make plaiſters thereof, and lay them to your temples.

98 *To heal the Cut, or ſore Breſt of a Woman.*

Take Bugloſſe and Yarrow of each two handfuls, ſtampe them, and ſtrain them with the third part of a pint of good Ale, then ſtamp the herbs againe, and ſtrain them with an other third part of a pint of good Ale, then ſtampe and ſtraine them again the third time, and you ſhall have neer a quart of the Ale, keep this in a glaſſe cloſe ſtopped, and let the patient

tient drink of it firſt in the morning, and lik in the evening three ſpoonfuls at a time; bu if you make this for a ſore breſt, if the breſt be broken, take three handfulls of Yarrow.

99 *A Medicine to breake and heal ſore breſts of Woman, uſed by Midwives, and other skilful women in London.*

Boile Oatmeale of the ſmalleſt you can get, and red Sage together in running or Conduit water, till it be thick enough to make a Plaiſter; and then put into it a fit proportion of hony, and letting it boil a little together, take it off the fire, and while it is yet boiling hot, put thereto ſo much of the beſt Venice Turpentine as will make it thick enough to ſpread; then ſpreading it on ſome ſoft leather, or a good thick linnen cloth, apply it to the breſt, and it will firſt break the ſore, and after that being continued, will alſo heal it up.

100 *To dry up a womans Breſt.*

Take of oyl of Linſeed and Engliſh hony of each a penny worth, white wax half a penny worth, and half a quarter of a pint of ſweet Butter; boyle all theſe to a plaiſter and lay it on the breſt. Maſter Buxton. Colcheſter.

101 *For a ſtinking Breath.*

Take Roſemary leaves with the bloſſomes, if

if you can get them, and ſeeth them in white-wine, with a little myrhe and Cinnamon, and you ſhall finde a marvellous affect, if you uſe it often in your mouth.

102 *A Gargle for an unſavory breath*

Take Roſewater, Mirtle water, Orange flower water, of each two ounces; Musk three grains, ſalt a little more. Musk and Ambergreece you may put in for greater perſons.

103 *For the Canker in a womans Breſt.*

Take Gooſe dung and Cellydony, ſtamp them well together, and lay it plaiſter-wiſe to the ſore; it will cleanſe the Canker, kill the worme, and heale the ſore.

104 *For the Canker in the mouth.*

Take the juyce of Plantane, vinegar and Roſewater, of each a like quantity, mingle them together, and waſh the mouth often with them.

105 *Of the Catarrhe, or Rhume in the head.*

The Catarrhe is a moiſt vapour which aſſaulteth the head, and afterwards falleth down again into the ſtomack, where it ingroſſeth and corrupteth. This moiſture hath its beginning of the moiſture of the lungs; and until the lungs be diſcharged thereof, the Catarrhe wil continue in its force. It is predominant more in flegmatick then other conſtitutions. Such as are troubled with it, are not long liv'd

bereau

becauſe their lungs conſume by little and little, and thereupon they are troubled with the Ptiſick, and conſequently periſh, if not quickly relieved. See a rare ſecret to cure the ſame.

Take *Pulmonaria* and *Sena* that is freſh and new, infuſe them in wine and water over a gentle fire, till the wine have drawn out the vertue; then ſtrain it, and put thereto ſome Quinteſſence *Leonardo*, and keep it cloſe in a glaſſe: Let the Patient drinke every morning three ounces lukewarme, for twenty daies together; let him eat good nouriſhing meats, for they agree well with this diſeaſe: If the patient be not too far ſpent, you ſhal ſee your cure perform'd in a ſhort time. In the mean time, if the patient be weak, let him take new laid Egges, and good white-wine: if the humidity be perceived not to be quite expelled and evacuated, then give him *Aromatico Leonardo*; afterward comfort him again with Reſtoratives and Cordials, to make him ſtrong; and no doubt, by the help of God, he ſhal be cured.

106 *For young children that are weak in their limms, and can neither go nor ſtand.*

Take Sage, ſweet Marjorome, of each a like quantity

quantity, beat them very well together, and ſtrain out the juyce, and put it into a double Vial glaſs, fill the glaſſe as full as it can hold; then ſtop it with paſte very cloſe, and cover it with thick paſte all over, and then ſet it in an Oven, and there let it ſtand ſo long as a great loaf requires time to be throughly baked; then take it out, and let it be cold, then break the paſte round about it, and if the juyce be grown thick, break the glaſſe, and put it into a gallipot, and keep it. When you will uſe it, take the quantity of two ſpoonfuls at a time, and as much marrow of an Ox leg, melt them together, and mingle them well, and both morning and evening annoint therewith (as warm as can be endured) the tender parts of the childs thighs, and legs, and knees, chafing them well with your warm hands; and ſo in a ſhort time (through Gods bleſſing) it will be able to ſtand and go. Succeſsfully proved.

107 *For breaking out of childrens heads.*

Take of White wine and ſweet Butter, a like quantity, boil them together till it come to a ſalve, and ſo annoint the head therewith.

108 *A medicine for the swelling of a childs Cods.*

Bray red Rose leaves, and boil them in red wine an hour; then wet a cloth in it, and lay it to the childs Navel as hot as can be endured.

109 *To heal children of the Lunatick disease.*

This disease happeneth to children by reason of a worme with two heads, which breedeth in their bodies, which coming to the heart, causeth such a passion in the child, that oft times it kils them. The remedie whereof is this, Dry the tender stalks of a Wilding tree in the shadow; then stamp them wel, and fift them, and take of the said powder, and roots of Gentian, myrrh and long Pyome, of each a quarter of an ounce; all these well beaten to powder you must put in a dish, or some other vessel, and moisten them with a little water; then take of it with your two fingers, and wet the lips and mouth of the child: Do this three or four times, and you shall see the worm come forth dead with the excrements.

110 *For a Consumption.*

Taste Ash Keyes, so soone as they looke withered, set them into an oven (the bread being drawn) in a pewter or rather an earthen dish, and being so dried, pill off the outside, and reserving the inner part of the seed or Keies, beat them to fine powder; and either

either mixe it with good Engliſh Honey, and ſo eat of it firſt and laſt, morning and evening, a pretty deal of it at once, upon the point of a knife; or elſe drinke of the powder in ſome poſſet Ale or thin broth. Mares milk drunk alſo warm morning and evening, is a ſoveraign medicine for it,

111 *To make a China Broth for a Conſumption.*

Of *China* root thin ſliced take two ounces, ſteep it in fair water twenty four hours, letting it ſtand warm all the time, being cloſe covered in an earthen pipkin or iron pot; then put to it a good Cockrel, or two Chickens clean dreſſed, and ſcum it well; then put in five leaved graſs, maiden-hair, Harts-tongue, of each half a handfull, Dates twenty ſliced, two or three Mace, and the bottome of a manchet; let all theſe ſtew together, untill not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones, beat them in a ſtone morter, and ſtrain out all the juyce with the broth, then ſweeten it with two ounces of white ſugar candy in powder, and take thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two hours before ſupper at your pleaſure; when you ſteep the root, ſlice two drachms of white Sanders, and as much red, and let them boil in the broth.

112 *A Broth for a Consumption.*

Take a course Pullet and sow up the belly and an ounce of the conserves of red Rose Borage, and Bugloss flowers, of each of them half an ounce; Pine apple kernels, and Pistaties, of each half an ounce, bruised in a mortar; two drachms of Amber powder, all mixed together, and put in the belly; then boil it in three quarts of water with Egrimony, Endive, and Succory, of each a handful; Sparrow grass roots, Fennel roots, Caper-roots, and an handful of Raisins of the Sun stoned; when it is almost boiled, take out the Pullet, and beat it in a stone morter, then put it into the liquor again, and give it three or four walms more; then strain it, and put to it a little red Rosewater, and half a pint of white Wine, and so drink it in a morning, and sleep after it.

113 *An excellent confortative for the Stomack, helping digestion, warming the brain, and drying the Rheumes.*

Take two ounces of good old conserve of red Roses, of chosen Mithridate two drachms; mingle them well together, and eat thereof to bedward, the quantity of a Hasel nut: This doth expel all windiness of the stomack, expelleth raw humours, and venemous vapours, causeth good digestion, dryeth the Rheum, strengtheneth the memory and sight.

114 *For the Corns on the feet or toes.*

First pare away the corns, then take a black nail and bruise it, and put a drop or two of the juyce thereof into the place grieved, and put thereto a little powder of Sandphire; and it will take away the corn very speedily.

115 *A Cordial for the Sea.*

Take of Syrup of Clove Gilly-flowers, Mr. *Mountfords* water, and Cinnamon water, of each an ounce; *Confectio Alcharmis* one drachm, Borage water an ounce and half, the like of Mint-water; temper all these together in a Cordial, and take a spoonfull at a time when you are at Sea.

116 *For the Ptisick and dry Cough.*

Take the lungs of a Fox, beat them to powder; take of Liquorice and Sugar-Candy a good quantity, a small quantity of Cummin, mix all these well together, and put them in a bladder, and eat of it as often as you think good in the day.

117 *An excellent medicine for the Cough of the Lungs.*

Take Fennel and Angelica, of each one handfull, the leaves in Summer, roots in winter, sliced figgs twelve, (but if the body be bound, twenty at least) greene Liquorice (if you can) two or three good stickes, scraped and sliced, Annis-seeds cleaved and bruised two good spoonefuls, two or three Parsely

roots ſcraped and the pith taken out, and twenty leaves of Folefoot; boil all theſe in three pints of Hyſop water, to a pint and half, then ſtrain it out into a glaſſe, putting as much white Sugar Candie to it as will ſweeten it: Drink hereof being warmed, five ſpoonfull's at a time, firſt in the morning, and laſt in the evening, taking heed that you eat nor drink anything two hours before or after: continue this till it be all done.

118 *A Medicine for the chin-Cough, for a child.*

Firſt take Bores greaſe, and warm the ſoles of the feet at the fire; then chafe them within, and go to bed and keep them warm, by lapping clothes about them.

119 *A Diet drink to clear and temper the blood.*

Take Scurvy graſs half a peck, Brooklime, Watercreſſes, Acrimony, Maiden-hair, Liverwort, Borage, Bugloſs, Betony, Sage, ſweet Marjoram, Sea-wormwood, tops of green Hops, Fumitory, of each a good handfull, Ivory, Hartshorn, and yellow Sanders, of each one ounce; red Dock roots two ounces; Parſely, Fennel, Aſparagus roots of each an ounce, Raiſins half a pound; boil theſe very well in a gallon of Beer, then ſtamp and ſtrain them, and put it into three gallons more of Beer to work together.

120 *A*

120 *A Diet drink to open and temper the Liver.*

Take the roots of Fennel, Parsly, Dock, Cotoch, Kneeholm, of each half a good handful; the leaves of Endive, Bugloss, Fumitory, Hartstongue, Agrimony, garden Wormwood, Cetrach, of each a good handful; the bark of the roots of Capers half an ounce; boil these in a convenient quantity of Whey, till a third part be spent; then clarifie the same: Hereof drink in the morning fasting at the least half a pound at a time.

121 *A Diet drink for a Canker in the mouth.*

First get a Diet pot of the common sort, put into it half a pound of Liquorice scraped and bruised; half a pound of Annise-seeds bruised, twelve ounces of *Lignum vitæ* bought at the Turners, and an ounce of the bark of the same wood from the Apothecaries, half a pound of Raisins of the Sun stoned, an handful of Scabious, two ounces of Solyprilla, a quantity of white Wine, and an ounce of *China*; then fill up your pot with fair water saving a pint; then cover your pot with his cover, and close it round about the brim with paste; then set it on a gentle fire of coals, and let it boil three hours, till the fourth part be consumed:

Then put the cleareſt in bottles; and eve morning and night drink a good draught fo fourteen daies together. If you put a little the wood into the fire, and there fry out of ſomewhat like oyl, be ſure it is good.

122 *To cure the Dropſie, be it hot or cold.*

Take of the tops of Red Mint, of Archangel or blind nettles, and red Sage, of either of them ten or twelve, ſtamp them all together and ſtraine the juyce of them into ſome ſtale Ale, ſo much as will ſerve to drink morning and evening: do the like every day for nine or ten daies together, and (God willing) it will do away your diſeaſe.

123 *A medicince that hath recovered ſome from the Dropſie, whom the Phyſicians have given over.*

Take greene Broome, and burn it in ſome clean place, that you may ſave the Aſhes of it: take ſome ten or twelve ſpoonfuls of the ſame Aſhes, and boile them in a pint of White wine, till the vertue of it be in the wine: then coole it, and draine the wine from the dregs, and make three draughts of the wine; and drink one faſting in the morning, another at three in the afternoone, another laſt at night neer going to bed, continue this, and by Gods grace it wil cure you.

124 *To*

124 *To open obſtructions of the Liver, and to preſerve from the dropſie.*

Take every day half a drachm of fine Rubarb thin ſliced, with a ſpoonful of Currans ſteeped and waſhed in white wine two houres, then chop them finely with the Rubarb, and eat them faſting nine mornings together at the Spring and Fall.

125 *An approved medicine for the Dropſie.*

Take the herbe called Bitter ſweet (it groweth in waters, and bears a purple flower) ſlice the ſtalks and boil a pretty deal of them in white-wine, and drink thereof firſt and laſt morning and evening, and it will cure the Dropſie.

126 *A Bath to comfort the Brain.*

Take a quart of Muſcadine, ſweet Marjoram a handful, Roſemary tops half a handful, and a few Cloves; boyl them upon a ſoft fire, to the one half, and bath the head therewith often in the Spring and fall of the leafe, drying it in with hot Napkin.

127 *For pain in the Ears, or deafneſſe*

Take a hot loafe, of the bigneſſe of a Bakers penny loafe, and pull or cut it in two in the middeſt, and lay the middle of the crummy ſide to the middeſt, or to the holes of the ear, or ears pained, as hot as they may be endured: & ſo bind them faſt together on all night. And then if you find any pain in either or both ears,

or any noiſe, put into your pained ear or eare a drop of *Aqua vitæ* in each, and then again binding more hot bread to them, walke a little while, and after go to bed; this done three or four daies together, hath taken away the paine hearing noiſe in the ears, and much eaſe the deafneſſe and dulneſſe of and in many.

128 *For the Emrods.*

Take Egremony and bruiſe it ſmal, and then fry it with ſheeps Suet, and hony, of each a like quantity, and lay it as hot as you can ſuffer it to the fundament, and it will heale you very fair and well.

129 *For the Pinne and Web in the Eye.*

Take the Gall of a hare, and clarified hony, of each a like quantity, mingle them wel together, and annoint the web with a feather dipped in the ſame, and within three or four daies it will take it quite away.

130 *A Plaiſter to take away the Filme on the Eye.*

Take a rotten Apple, the yolke of one egg, and as much grated Maunchet as wil make it pretty ſtiffe, and then put to it two ſpoonfuls of Egrimony water, two of Eyebright water, and two of red-Roſe water, or all ſix of red Roſe-water, for want of the other two, beat all theſe together, til it be ſtiffe enough to ſpread, then make a plaiſter of it and lay to the Eye, and when you take off the Plaiſter to renew it, waſh the

the Eye with some of these waters, mixed equally together to clear it again.

131 *A Medicine for sore, Bloud shotten and Rheumatick eyes.*

Take ground Ivie, Daisies and Celedony of each a like quantity, stampe and strain out the juyce of them, and put to it a little brown Sugar Candy dissolved in a little white Rose-water, and drop two or three drops of this liquor at one time, into the grieved eye or eyes with a feather, lying upon the back when you doe it, and an hour after. This by Master *Waldgraves* own experience, and by divers others to whom he taught it, proved to be the best Medicine for Eyes, for it taketh away all inflamatious spots, webs, itches, smarting, or any griefe whatsoever in the eye, yea though the sight were neere hand gone.

132 *To make the face white and fair.*

Wash thy face with Rosemary boiled in white-wine, and thou shalt be fair; then take Erigan and stampe it, and take the juyce thereof and put it altogether, and wash thy face therewith. Proved

133 *To take the heat out of the face.*

Put Elder flowers, Plantane, white Daisie roots, and herb *Robert* into running water, and wash your face morning and evening therewith.

134 *To take away the Spots or red Pimples of the face.*

Take halfe a pint of raine water, and halfe a pint of good verjuyce, ſeeth it till it be halfe conſumed; the whiles it boileth fill it up again with juyce of Lemmons, and ſo let it ſeeth a pretty while; then take it from the fire, when it is cold, put to it the whites of four new laid egges well beaten; and with this water annoint the place often.

135 *A Secret to help all Fevers in the beginning.*

When the Fever is new begun, give the Patient two drachms of *Aromatico Leonardo* faſting in the morning; and the next day about the ſame hour give him an ounce of *Vegitabile* Syrup; and the third day give him four drachms of the ſaid *Electuario Angelica Leonardo* with broth, which taketh away the Fever altogether. And this operation intendeth only to the *continual*, *Quotidian*, *Tertian*, and putrified or peſtilentiall Fevers; but not to the *accidential* or *Hectick*, nor *Quartain*, for theſe three kinds are much differing from the reſt; becauſe the accidentiall is cauſed of another infirmity anterior, or going before: The fever Hectick is cauſed of weakneſſe of natures; and the Quartain is cauſed of great quantity of melancholly humors; and they are cured by contrary means to the firſt: the accidental by helping the principall infirmitie, the Hectick by help-

elping nature, and preſerving the liver and ings from putrefaction; the Quartaine by omits, Unctions, Cerrots, and drying rinks; and theſe are great ſecrets to be known. or herein conſiſteth a great part of Phyſick nd Chirurgery, if it be well conſide-ed.

136 *To ripen and heal a Fellon.*

Boil Clarret wine and wheat flower to a oulteſſe, and ſpreading it very thick, apply it s hot as you can endure it.

137 *A medicine for a Fiſtula.*

Dry Vervine upon a tile, and make pow-der thereof, and make clean the ſore with a linnen cloth, and fil the hole full of the powder.

138 *A medicine for the falling ſickneſſe.*

Gather Germander in May when it is in the bloſſome, dry it in the ſhadow, and make it in-to fine powder; and when you will uſe it, take the yolke of an egge or two, and ſtir and break it with a ſpoonful of the ſaid powder, then ſeeth it and give it to the patient to eat: Do this morning and evening eight daies, abſtain-ing from wine, carnal company of Women, from all pulſe, beans, peaſe, vetches, tares, and ſuch other; from ſalets, ſalt fiſh, and from other things that are hard of concoction. A very good and notable ſecret.

139 *For the Piles.*

Set a Chafingdiſh or a Pan of coles under a cloſe ſtoole-chaire, or in a cloſe ſtoole-

caſe; and ſtrow Amber beaten in fine powder upon the coals, and ſit down over it, that the ſmoke may aſcend up into the place grieved.

140 *An eſpecial good Medicine to make the Piles bleed.*

Beat the yolke of an egge: and ſome ſallet oyl or oyl of Roſes together, with ſome Saffron, and ſpread it upon a piece of Leather, and lay it to the place grieved.

141 *A Medicine for the Piles.*

Take a little Orpine, Hackdagger, and Elecampane, ſtampe them altogether with Boares greaſe into the form of an oyntment, and lay them to the place grieved.

142 *A Culleſſe to ſtop the Bloudy flux.*

Take a gallon of fair running water, and a quart of Red wine, boil therein a Cock or a Hen, of Bramble leaves, Ribwort, Oaken buds, Plantaine, Burſa Paſtoris, Knotgraſſe, ſtones of Raiſins of the Sun, of each one handful: and ſo let them boil to the one halfe or more. Then take one pound of unblanched Almonds, ſtampe them and ſtrain them with this broth, and put thereto a box of Quidony of Quinces, a ſpoonful of powder of Pomegranate rinds, the powder of Cinnamon and of Roſe leaves of each as much, two Cakes of *Manus Chriſti*, half a cake of *Terra Sigillata*

and

and a little Sugar to make it ſweet; boil them all together about one quarter of an houre, then ſtrain out the liquor, and let the Patient drink thereof morning and evening an hour before he eateth any thing.

143 *Bloody flux cured.*

The Fluxes of the body are no other but the diſtemporature of Nature, and are of two kinds; the one is cauſed of the diſtemper, and evil quality of the Liver, and is called *Fluſſo Epatico.* The other is cauſed of great heat, feaver, and diſtemperament of Nature, and is called Diſſenteria, that is, a diſtemper of the guts; and both theſe ſorts are hard to be helped by the Ancient Doctors, as it is well ſeen by thoſe that practiſe; for they will help them with repreſſion and reſtrictives; but that is not the way, if we ſhal beleeve *Galen*, who ſaith, *Fluxus fluxum curat*, which is moſt true: For many hundreds have been cured of the flux by giving them *Aromatico Leonardo*, and three or four doſes of his *Syrupo Solutivo.*

But the Diſſenteria or flux is cured with *Electuario Angelica Leonardo*, and then every day after dinner, ſtand in a bath of water of the ſea, cold, two hours at leaſt. This helps with much eaſe, and in a ſhort time. But uſe it as a ſecret.

144 *Another for the bloody Flux.*

Diſtil Frogs as you do herbs or flowers; or any thing elſe; but you muſt put nothing to them

them but the frogs. Take two or three ſpoonfuls of this water in any thing you will drink, and you ſhall finde preſent caſe.

145 *A Medicine to cure the biting of all venemous beaſts.*

As ſoon as the party feeleth himſelf bitten with any venemous beaſt, or as ſoon after as may be, take green leaves of a fig-tree, and preſſe the milk of them three or four times into the wound: And for this ſerveth muſtard-ſeed mingled with vinegar.

146 *An approved Medicine for the Gout in the feet.*

Take an Oxe his paunch new killed, and warm out of the belly, about the latter end of *May* or beginning of *June*, make two holes therein, and put in your feet, and lay ſtore of warm clothes about it, to keep it warm ſo long as can be: uſe this for three or four dayes together, for three weeks or a month, whether you have the fit or pain of the Gout at that time or no, ſo you have had it at any time before. This hath cured divers perſons, that they have never been troubled with it again.

147 *A Pulteſſe for the Gout.*

Take new milk, white bread grated, and an handfull of red Roſe leaves; boil them together to the thickneſſe of a pulteſſe; then ſpread them on a linnen cloth, and apply them to the place grieved.

148 *How*

148 *How to cure all kinds of Gout.*

The Gout, of what kinde ſoever, whether hot or cold, or of any other temperature, proceedeth of one onely cauſe, although they work divers effects, which come through the complexions of thoſe that have it: As for example, In fat men, it cometh alwaies with inflammation and redneſſe, and great pain: In lean perſons it cometh alwaies with pains, but with leſſe inflammation: In cholerick and melancholick perſons it cometh with tumours, and that is *nodoſa*. The cauſe of this infirmitie is an evill quality engendred in the ſtomack, in the liver, and in the blood: and the cure thereof is to eaſe the ſtomack of that evil, to purge the liver and the blood, and to mitigate the paine: All which thou maiſt do with theſe three Remedies following; viz. by *Pillole Magiſtrale Leonardo*, by the Unction for the Gout, and by the *Quinta Eſſentia ſolutivo*: The Pils diſcharge the ſtomack, the *Quinta Eſſentia ſolutivo* purgeth the Liver and the Blood, and the Unction taketh away the pain: for if you remedie the Cauſe, which is onely one, the Effect will ceaſe.

The manner of uſing theſe is this: When you feel the pain begin to come, take two Doſes of thoſe Pils in the morning faſting, one day after another; or if you will, reſt a day

or

or two, according to your strength. That being done, take every morning two drachms of the foresaid *Quinta Essentia solutivo* in half a porringer full of broth made with Veal, and a little sugar; and this you must take five hours before meat; and keepe no straight diet, but eat reasonably. And every night after Supper annoint the grief with the foreiaid Unction for the Gout. And thus, by the help of God, and the vertue of these medicines, the Gout shall be cured.

149 *An approved Medicine for the Green-sickness.*

Take a quart of Claret wine, one pound of Currans, an handfull of young Rosemary crops, and halfe an ounce of Mace; seethe these to a pint, and let the patient drink thereof three spoonfuls at a time, morning and evening, and eat some of the Currans also after.

150 *The Green salve, which closeth up Sores, being wel drawn.*

Take half a pound of Wax, one pound of May-butter, set it on the fire and boil it: then take an handfull of Plantane, halfe an handfull of Ribwort, Brooklime and Smallage, of each as much; Valerian two handfuls, Organie, Tutsaine and three-leaved Grasse, of each an handful, ground Ivie half an handful,

Elder

Elder-flowers while they be green, an handful; cut them ſmal and ſeeth them all together in the Wax and butter til they be ready to ſtrain, then ſtrain them, and keep the Salve either in gallipots, or in a round Roll, rolled up in Parchment.

151 *To cleanſe the Head, and take the Ach away.*

Chaw the root of Pellitory of Spain often in thy mouth.

152 *Harts-horn Jelly.*

Take two ounces of Harts-horne, filed (not ſcraped) very fine, ſteep it in a quart of faire water, and let it ſtand to all night upon hot embers, ſtirring it when you go to bed, and covering it: In the morning put four pints of water more to it, then boil it a good ſpace on the fire, till it wil jellie, and when the liquor is almoſt three quarters boyled in, then ſtrain it, and put to it a little Sugar, and as much juyce of Lemmons as will make it ſharpe, and a little Ambergreece: Then let it ſtand and coole, and ſo put it up for your uſe. It is Excellent good for thoſe that are brought low with burning Agues, giving them three or foure ſpoonfuls faſting, morning and evening, and about nine in the forenoone, and three in the afternoone.

153 *To*

154 *To make a Potion that is good against all Infirmities.*

This following Potion destroyeth all the evill qualities in our bodies, comforteth Nature, helpeth Digestion, provoketh Urine, and looseth the Bodie: which things are most comfortable to the bodie. The order of making it is thus;

Take ten ounces of the seeds of Quinces, the pils of Citrons six ounces, Balm, Nettles, of each four ounces; beat all these grosly, and infuse them in twelve pound of strong white wine, and there let it remain six dayes; then distill it with six ounces of honey, and fifteen ounces of sugar, untill you have received two pound of water; then take it from the fire and let it coole, and strain it by a filter; and then put therein the first water, and eight grains of Musk dissolved with about two ounces of Rosewater; and then for every pound of the said Water, put thereunto one scruple of the oyle of Vitriol, and incorporate them well together; then keep it in a Glasse close stopped, that it take no aire: And of this you may take one ounce in the morning (cold) and fast thereon: for whosoever they be that shall use this in their health, shall seldome be sick, but shall live in much health.

For

For into this Compoſition there entereth the ſeeds of Quinces, which reſolve the evill quality of the ſtomack, and make the heart merry: the Pomecitron pils preſerve and help digeſtion; the Balm purifieth the blood, healeth the Liver, cauſeth good digeſtion, and comforteth the heart: The nettles warm, provoke urine, mundifie the reins, and reſolve the malignity of the ſinnews. The Wine comforteth nature, ſtrengtheneth the head, and ſuſtaineth the ſtrength. The Musk is warme by nature, and reſolveth the windineſſe, and purgeth the blood: The oyl of vitriol healeth all the *Scoriationes* of the mouth, the breſt and ſtomack, and preſerveth the body from all corruption. So by this you may ſee of what importance this Compoſition is, through the vertue of the Simples that are therein. So to conclude, I ſay, this is one of the beſt Compoſitions that can be made, becauſe of its nature: It letteth alteration in our bodies, and helpeth againſt all diſeaſes and infirmities, and prolongeth life.

155 *An exceeding good remedie againſt the yellow Jaundice.*

Take one handful of red nettle-tops, Plantane and Saffron, and boil them wel in a pint of Ale, then ſtrain it, and drink thereof for foure

four or five daies together, and you ſhall find help.

156 *An excellent receipt to deſtroy any Impoſtume.*

Take of the roots of Flower-de-luces, and roots of Lillies, of each a like quantity; ſtamp them together, and put therein a quart of hony: boil them all together either in wine or Ale: and when they are well boiled, then take the liquor thereof and ſtrain it thorow a fine linnen cloth; and when occaſion ſerves, let the Patient drink two or three ſpoonfuls at a time, eſpecially in the morning and evening, firſt an laſt, and this will ſpeedily cure it.

157 *To make an iſſue.*

Take Rice flowers and Muſtard ſeed beaten to powder, and with water make a little paſte, and lay a ring upon the place made of a ruſh, and applie it.

158 *A medicine for the Itch of the body.*

Take ſweet butter, unwrought wax, vinegar, Brimſtone, a little Roſewater, red Cloves whole; boil them together till they be like a ſalve, then annoint the fleſh three ſundry nights by the fire therewith, and no more.

159 *For kibed heels.*

Take a Turnep, make a hole in the top of it, take out ſome of the pith, infuſe into that hole oyl of Roſes, then ſtop cloſe the hole, roſt the Turnep under the embers, when it is ſoft, ap-

apply it plaister wise warme to the Kibe; bind it fast.

159 *Of Waxing Kernels, called by some Scrophulæ, their cure.*

These kernels are commonly in the throats of young children, being caused by superfluous melancholly humors corrupted, and are a kind of Ulcers, very hard to be holpen, and evil to endure; for when they are broke they cause excessive pain, in that, great abundance of humors runneth thereunto; and they are so hot and corrupt, that outward medicines alone wil never help them, because they proceed from an inward cause. Therefore if thou wilt help them, remove the cause first.

First then give them the Syrup against melancholly humors, which you shall find among the syrups in the Experiments of Conserving and Candying: then give them a dose of *Aromatico* fasting, which will evacuate the stomack of choller and flegm, and dry up those humors that run to the sores. The Medicines to be applyed are two; the first is Costick, which wil mortifie it in 24 hours, and take away the corruption: but the Askar must not be taken away till it fall out it self. The other medicine to be applied to the sore is the black Cerot of *Godfredo de Medic.* which is also written in *Galen.* Thus it wil be cured in a short time, as hath been proved.

160 *A special receipt to destroy Lice.*

Take Frankincense, and beat it into fine powder, and a good quantity of Bores grease: boil them together in an earthen pan, and when it is boiled annoint therewith the place where the lice are, and you shal be suddenly rid of them. Or take staveſacre beaten to powder, searced, and mingled with soap and Tobacco ashes, and annoint often therewith, it wil speedily destroy them.

161 *How to cure the Measels.*

In the curing of this disease, it being only necessary to defend the heart, and preserve the stomack from corruption and putrefaction, you shall use this receipt. Take Julep of Violets two ounces, Rose water four ounces, Oyl of Vitriol four grains, mix them, and let it be drunk cold. This is a most rare medicine.

162 *To cure the disease of the Mother.*

Take six or seven drops of the spirit of Castoreum, in the beginning of the fit, in two or three spoonfuls of posset Ale, applying a plaister of Gavanum to the Navel.

163 *For the dead Palsie.*

Annoint the neck pit often with *Oleum Benedictum*, and that wil restore the speech; annoint also the place affected oftentimes with mustard against the fire, and after that bath it with wine, and bath it again morning and evening (if the party be young) with *Aqua vitæ*; if old,

old, take a ſpoonful of *Aqua vitæ*, and halfe a ſpoonful of Sage-water diſtilled, and bath it therewith; drink alſo every morning and night as much treacle as four Peaſe in ſome ſtale Ale.

164 *A plaiſter for a Bile or Puſh.*

Take a yolke of an egge, and half a ſpoonfull of Engliſh hony, mix them together with fine Wheat-flower, and making it to a Plaiſter, apply it warme to the place grieved.

165 *A very good Plaiſter to heale and dry up a ſore, or cut ſuddenly*

Take of Marigold leaves, Porret blades or leaves, and Houſe-leek, of all two handfuls, beat them all very ſmal in a morter, and put to them the whites of two new laid egges, and beat them very well til they be throughly incorporated with the eggs, and apply this til you be well. Renew it every day.

166 *A plaiſter for the Stomack.*

Take of wood of Aloes, Wormwood, Gum-arabick, Maſtich, Cyprus, Coſtus, Ginger, of each half an ounce; *Calamus Aromaticus*, *Olibanum*, Aloes, of each three drams; Cloves, Mace, Cinnamon, Spikenard, Nutmegs, *Gallia Moſchata*, *Schænanthis*, of each one dram and a half; with Rob of Quinces make it into an emplaiſter: and when you have ſpread it upon a cloth, perfume it with wood of Aloes, and apply it to your ſtomack.

167 *A*

167 *A Preservative against the Pestilence when it is first suspected.*

Take a half-penny weight of English Saffron, two pennie weight of Bole Armanack, one penny weight of Mace, made all in fine powder, and of Treacle the quantity of a hasell nut, put them all in small Ale luke-warm, mixe it well with the Ale, and let the partie drinke it, and lie down on a bed and lay upon him a temperate quantity of clothes, and so let him sweat two hours.

168 *An approved good drink for the Pestilence.*

Take six spoonfuls of Dragon water, two good spoonfuls of wine vinegar, two penny weight of English Saffron, and as much treacle of Jane as a little Walnut, resolve all these together upon the fire, and let the Patient drink it blood-warme, within twenty hours (or sooner) that he is sick; and let him neither eate nor drink six hours after, but lie so warme in his bed, that he may sweat. This expelleth the disease from the heart: and if he be disposed to a sore, it wil straightwaies appear; which you shall draw out with a plaister of *Flos Unguentorum.*

169 *A medicine for the Plague.*

Take of Setwal grated, one root, of Jane treacle two spoonfuls, of Wine vinegar three spoon-

spoonfuls, make all these more then luke-warm steep them well together, and drink them off at once: Sweat after this six or seven hours, and it wil bring forth the plague sore. To break which, lay a roasted Onion; also seeth a white Lillie root in Milk til it be as thick as a Pultis, and lay it to the same: If these faile, lance the sore, and so draw and heal it with salves for Botches or Boils.

170 *Signs of death in the Plague.*

Take a live Frog, and lay the belly of it next the sore; if the Patient will escape, the Frog wil burst in a quarter of an houre; then lay on another; and this you shall doe til more do burst; for they draw forth the venome. If none of the frogs do burst, the party wil not escape. This hath been frequently proved. Some say a dried toad will do it better.

171 *A water to drive out any infection.*

Take Dragons, Angelica, Rue, Wormwood, of each a handfull, chop them pretty smal, and steepe them in a quart of White-wine twenty four hours: then distil them in a Stil, and reserve the water in a glasse close stopped. Give to the sick Patient, six or seven spoonfuls hereof at a time fasting, and let him fast an hour and an halfe after, and keep himself very warm in his bed or otherwise.

172 *A*

172 *A Medicine for a Plurisie, Stitch or Wind offending in any part of the Body.*

Gather the young shoots of Oak after the fall of a Wood, and picking out the tenderest and softest of them, especially those which look reddest, bind them up together in a Wet paper, and rost them in hot Embers as you doe a Warden, whereby they will dry to a powder: of which powder let the patient take a spoonful in a little Posset Ale, or Beer warmed, in the morning, fasting after it two hours or more, if he be able, doing the like about three afternoon, and two hours after supper, four or five daies together; which thus done in the beginning of the disease, is by often experiments found to cure such windy pains in the side, stomack, or other parts of the body. You may dry them also in a dish, in an oven, after the bread is drawn; you shall do well to gather enough of them in the spring, and make good store of the powder then, to keep for all the yeare following.

173 *A great and sore Plurisie cured by M. R.*

A certain man of 24 years old, was vexed with a most grievous Plurisie, with a pricking, shooting and a cough, with a continual fever and inflamation of the tongue; First there was good store of blood taken from the liver

liver vein on that side where the pain was; then were these syrups (that do decoct and purge) ministred unto him. Take *Syrupi de Liquoritia, de Hysopo, acetosæ ana*, one ounce; *Oximelitis squilitici, acet. squilit. ana*, three drachms, make thereof a loch. Of this he licked in the morning with a liquorice stick, which caused him to spit easily, and took away the heat or burning of the tongue, being used with this direction following; of French barley three ounces, *Carduus Benedictus* M. 1. Roses, Violets, *ana*. P. 1. Liquorice scraped three drams, three figs, Raisins a pound and a half, Sugar Candy two ounces: Boil them in sixteene pound of water till two pound be wasted, and so to drink them cold. His diet was also light and thin, as broth, and drink, &c.

174 *To take away Pock holes, or any spots in the face.*

Wet a fine cloth in white Rosewater, and set it all night to freeze, and then lay it upon your face till it be dry: also take three Poppies, the reddest you can get, and quarter them, taking out the garbage; then still them in a quart of new milk of a red Cow, and with the water thereof wash your face.

175 *A Pultis to stay fluxes proceeding from a cold cause, to be applied to the Belly.*

Take toasts of Bread, steeped in vinegar

ſix ounces, beat it in a mortar, and adde Mace, Maſtick, Mirtle Berries, ſtones of Raiſins, Galany, Cloves, flowers of Pomegranates, of each one ounce; oyl of Wormwood, and Mints, of each two ounces. Make a Cataplaſm.

176 *For the heat of the Back.*

Take oyl of Roſes ſix ounces and a half, and put it to a little wax, and foure drops of vinegar, and annoint the Back therewith.

177 *Aſtma, or the Ptiſick, and its cure.*

This diſeaſe is cured four manner of waies: Firſt by letting blood under the tongue, cutting thoſe veins overthwart, and ſucking them as much as may be; which evacuates and opens the opilation of blood; and eaſeth the lungs of all the offending matter. Secondly, By taking a doſe of *Aromatico Leonardo*, which evacuateth the ſtomack of all evil qualities that offend the lungs. Thirdly, By eating every morning for a month together, one ounce of *Electuario de Althea*. Fourthly, By annointing the ſtomack every night with *Magno liquore*. For ſpeeding the cure, take every ten daies a doſe of Electuario Angelica Leonardo; and keep a ſober diet, refraining Fiſh, Pork, Slimie things, ſpice, baked meats, cheeſe, and ſuch like, which nouriſh groſly, and infect the blood.

178 A

178 *A very good Poulteſſe for any Member ſwelled and inflamed, and not broken, to take away the pain.*

Take three pints of new milk, of ſtale manchet crummes two handfuls, or ſo much as ſhall make the milk ſomewhat thick, adde thereto two handfuls of dryed red Roſe leaves, and three ounces of Oyl of Roſes; boil all theſe together to the thickneſſe of a Poulteſſe, then let it ſtand and cool, and while it cooleth, take a ſpoonful of oyl of Roſes, and with a warm hand, rub the place grieved till the oyl be dryed in, and then lay the Poulteſſe as warm as you may endure it to the part inflamed: doe this morning and evening for three or four daies, as you ſhall ſee cauſe.

179 *An eſpecial medicine for all manner of poyſon.*

Take Hempſeed, dry it very well, and get off the Husks, and beat the Hempſeed into fine powder; take Mints alſo, dry them and make them into powder: Boil a ſpoonful of either of theſe in half a pint of Goats-milk, a pretty while, then put the Milke into a cup to cool, and put into it a ſpooneful of Treacle, and ſtir them together til it be cool enough; then drink it in the morning faſting, and eat nothing till noone, or at leaſt in two hours; doe

the like at night, and uſe it ſo three daies, a
it wil kil and overcome any poiſon.

181 *A very gentle purge. Gerard pag.* 1115.

Take Borage, Bugloſſe, Balme and Fumi
ry of each three drachms, Sene of Alexand
wel prepared and powdred two ounces, ſtr
the powder upon the herbs, and diſtil them, r
ſerving the water to purge with, for ſuch as c
not endure ſtrong purges, it being taken
white wine, Sugar, or ſome other dainty wa
not offending the taſte: you may, according
the nature of the diſeaſe add Agarick, Mira
lanes &c. If Sene be infuſed in whay, a
then boiled a little, it is very good Phyſick f
melancholly, purging the Brain, Heart, L
ver, Lungs, and Milt, it cauſeth a man to lo
young, breedeth mirth, cleereth the ſight, a
ſtrengtheneth the hearing, it is very good
gainſt old Agues, and all diſeaſes cauſed by m
lancholly.

182 *The purge for a Pluriſie, Stitch, or Wind: It may be given any ſound man or woman, at any time, in temperate weather, not keeping their Chambers for it*

Take a quart of running water, tw
handfuls of Currants well picked, Sene, Liquo
rice, and Annis ſeeds; of each half an ounce, an
the quantity of two Races of Ginger ſliced: boi
a

these together til the liquor come to a pint, then let it run thorow a Colender, and drink it three mornings equally, being warmed, taking only an hour or two after it, a little thin broth.

183 *Another Purge.*

Take halfe an ounce of Sene, two handfuls of Annis-seeds, as much Fennel seeds, both, bruised, a stick or two of Liquorice scraped, sliced and bruised, put them into a pint of Beer boil them, scumme them wel, and let them seethe til there be but a pretty draught left to drink at one time; then take an ounce and a half of Manna, dissolve it in three or four spoonfuls of the hot liquor, and strain it thorow a thin cloth into the rest: then straining the liquor thorow a Colender from the other matters, put into it four spoonfuls of syrup of Roses, and drink it while it is warm, taking a little thin broth after it.

184 *The purge of Assarabacha, which the Lady* A. D. *used to rectifie her stomack any way offended.*

Take the weight of eight pence of Assarabacha leaves; stamp them and strain out the juyce of them with a little fair water or warme broth, and mixing it with a little soft English hony, warm it & drink it fasting; taking a little warm posset drink after it; and now and then a little

more, at times betweene the Vomits.

185 *The Apothicaries Gascon's powder, with its use.*

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, and white Corals of each half an ounce; of black thighs of Crabs calcined two ounces; to every ounce of this powder, put a drachm of Oriental Bezoar: reduce them all into very fine powder, and search them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a Paste; and make therewith Lozanges or Trochises for your use.

You must get your crabs for this powder, about *May* or in *September*; take them before they are boiled: When you have made these, set them neither by the fire, nor in the Sun, but in a dry aire, till they grow hard. The dose is ten or twelve grains.

186 *A powder for a Rupture.*

Take Shephards purse, and Doves foot, of each a like quantity, dry them until they rub to a powder, and drink thereof half a spoonfull in half a pint of broth.

187 *To kil the Ring-worme, and the heat thereof.*

Take a quart of white-wine Vinegar, boile therein of Woodbine leaves, Sage and Plantane of each one handful, of white Coperas one pound, of Alum as much as an egge: when it

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is boiled to half a pint, ſtrain out the liquor, and therewith waſh the ſore as hard as you can ſuffer it.

188 *Rubarb and its vertues.*

The herb called in the Italian tongue *Lappacia Maggiore*, or *Rombice domeſtice*, is a kind of Rubarb, which among the learned Herballiſts is termed by the name of *Rha recentiorum*, whereof one drachm when it is new will looſe the body, evacuate choler, as the Rhabarbarum doth. It is very good againſt opilations, it purgeth the blood, and takes away ſcabs.

You ſhall have moſt precious medicines thereof, if you mix the green root with hony, Cinnamon, Saffron, Ginger, and the powder of Roſes. If you roſt the root in the embers, and mix it with condited ſugar, it breaketh waxing kernels (called *Scrophulæ*) and mundifies them, and healeth them in a ſhort time. Some do mix it with the gumme called *Ammoniacum*, and ſo do bring it into the form of an Unguent, and apply it to the parts affected with *Scrophulæ*.

189 *An approved good medicine for running of the Reins.*

Make Almond milke of Plantane water, or elſe boile plantane in the liquor whereof you make your Almond milke; take a quart of it, and put thereto three ſpoonefuls of Lentine Farine, and three ſpoonefuls of Cinnamon

nitron water: take of this at ſix in the morning a good draught, two houres before dinner another, at four of the clock afternoon a third, and two hours after ſupper a fourth: and twice or thrice between meals eat a ſpoonful of conſerve of red Roſes at a time.

190 *A medicine for burning or Scalding.*

Take Maidenwort, ſtampe it, and ſeethe it in freſh butter, and therewith annoint the place grieved preſently.

191 *To take away the heat of a burn, or out of a ſcald.*

Roſt eggs as hard as a ſtone, then take out the yolks of them; then take a frying pan, and put in the yolks of the hard eggs, and ſo let it fry til it come to an oyl, then ſtrain it, and annoint the burn with it; then take a bladder and annoint it with ſallet oyl, and lay it to the burn.

192 *For one burned with Gunpowder or otherwiſe.*

Take one handfull of Groundſel, twelve heads of houſe-leek, one pint of gooſe dung, as much chicken dung, of the neweſt that can be gotten; ſtamp the herbs as ſmal as you can, then put the dung into a Mottar, temper them together with a pottle of Bores greaſe, labour them together half an houre, and ſtrain it thorow a canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth: It will laſt two years.

193 *For*

193 *For the Scal or scabbinesse of the head.*

Take of red Sage, Woodbine leaves, and ground Ivie a like quantity, in all so much as a good handful; boil them in a pint of Hogs grease, a quarter of an hour, then straine the medicine from the herbs into a galli-pot, and therewith daily annoint the head. *Probatum.*

194 *An approved receipt for a scald head.*

Take a candle, and let it drop upon it as hot as you can, in so doing it wil scale off; then take the stale of a cow, and the furring of a whole chamberpot, boil these together and wash the place, and it wil straightway cure it.

195 *To heal the white scal.*

This noisome malady is perfectly cured by purging the patient with *Aromatico Leonardo*; and annoi ing his head with his *Oleum Philosophorum*, or his artificial Balsum, or his *Oleum Benedictum.*

196 *The black Salve.*

Take one pound of red lead, finely ground, of oyl of Roses one pound and a half, of Bee wax half a pound, of white wine vinegar six ounces, boil them altogether, and make a plaister of it.

197 *A Salve for ranklings, where the skin is rubbed off.*

Take one pound of May-Butter, clarifie it, and take the pureſt of it, put thereto three ounces of Engliſh Wax, two ounces of Roſin, clarified by themſelves, boile them all together, coole it and keep it in a Cake for your uſe. This is alſo a very good Lipſalve.

198 *A Barly Cream to procure ſleep: or Almond milke.*

Take a good handfull of French Barly, waſh it clean in warme water, and boil it in a quart of fair water to the half, then put out the water from the Barly, and put the Barly into a pottle of new clean water, with a Parſly and a Fennel root clean waſhed and pick'd, with Borage, Bugloſſe, Violet leaves and Lettice, of each one handfull: boil them with the Barly till more then half be conſumed; then ſtrain out the liquor, and take of blanched Almonds a handfull, of the ſeeds of Melons, Cucumbers, Citruls and Gourds husked, of each half a quarter of an ounce; beat theſe ſeeds and the Almonds together in a ſtone Morter, with ſo much Sugar and Roſe water as is fit, and ſtrain them thorow a clean cloth into the liquor, and drink thereof at night going to bed, and in the night. If this doth not ſufficiently pro-

provoke sleep, then make some more of the same liquor, and boile in the same the heads, or a little of white Poppie.

199 *An outward medicine for the same.*

Take red Rose-leaves or Cakes, and fine white bread crummes, mix them well together, and wet them throughly with red Rosewater and Vinegar, and womans Milk if you can get it: then taking off the cold of it, lay it to the Temples of the head.

200 *A Receipt for a backward busines.*

Take a pint of Milke, and make a cleare posset with either Ale or Beere, and take off the curd very clean; then take an handful of Violet leaves, a handfull of Mallow leaves (and the flowers if you will) and wash them; also take a handful of Damask rose leaves, either dryed or otherwise, and a good spoonful of Annis-seeds rub'd from their dust, and then bruised in a morter, and so boil all together in the posset drink, til it come to somewhat lesse then a pint: then take it off from the fire, and put into it three spoonfuls of red Sugar, then strain it out, and put into it 3 spoonfuls of the oyl of Camomile flowers: and if you have none of that oyl, then take as much Butter as two walnuts; also take the yolks of two new laid eggs, and beat them; then mingle all wel together with a spoone, stirring it throughly, and then put

put it up into the bladder, and ſo take it, but not too hot. Though red Sugar be beſt and moſt uſual for Gliſters, yet if you have none of that, as much courſe powder Sugar will do it very wel.

201 *A Gliſter to open and looſen the Body being bound, which may ſafely be miniſtred to any man or woman.*

Take Mallows and Mercury unwaſhed, of each two handfuls, half a handful of barly clean rubbed and waſhed: boile them in a pottle of running water to a quart, then ſtraine out the water and put it in a skillet, and put to it three ſpoonfuls of ſallet oyl, two ſpoonfuls of hony and a little ſalt: then make it lukewarme, and ſo miniſter it.

202 *A cooling Gliſter in hot diſeaſes.*

Take Mallows, Violets, Lettice, of each a good handful, of the foure greater cold ſeeds, of each half an ounce; twenty Pruins, Violet and Bugloſſe flowers, of each a ſmal handful; boil them to a pint, and put in kitchin ſugar one ounce, and oyl of Violets three ounces. Or take barley and Linſeed of each two ounces; boil them, and to one pound put an ounce and halfe of Sugar, one yolk of an egge, common oyl three ounces, ſalt one handful; take milke warmed one pound, ſugar and ſyrup of Violets, of each two ounces. Make a Gliſter to cool.

203 *A medicine that hath healed old sores upon the Legs, that have run so long, that the Bones have been seen.*

Take a quantity of good sweet Cream, and as much brimstone beaten in fine powder as wil make it thick like paste, then take so much sweet butter as wil work it into the form of an ointment, and herewith annoint the place grieved twice a day.

204 *Of the hidden secrets of Frankincense*

The Pine is a tree which by nature is uncorruptible, and the gum that runs from it is of great vertue and strength, because it preserveth those things wherein it is put; and when his elements are separated out of that gum, the phisician may work strange things therewith against most part of infirmities that happen to mans body, if he apply them where they are convenient: for the water being drunk, helpeth wind in the stomack. Also it helpeth the white scal, and all such like scabs, if they be washed therewith morning and evening. It dryeth up Ulcers; also it is of marvellous vertue against chilblains and kibed heels, and chaps, and such like, in the hands or feet, that come through cold; being used thus: First perfume the parts that are sore over the fume of hot water, so that they may sweat, then dry them and wash them with the aforesaid water, and annoint them with the oyl, and put on a pair of gloves or such like, & in very short time they shal be

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whole. The air helpeth much in wounds in any part of the body, becauſe it preſerveth the fleſh from putrifaction, and keepeth it from alteration, and taketh away the pain, and healeth the ſore: Alſo it preſerveth the face, if it be annointed therewith. Moreover it is marvellous in old diſeaſes inwardly, if ye give thereof every morning a drachm, with halfe an ounce of *Vegitabile Syrupo Leonardo.* The fire cureth ſores and ſuch like, and the earth remaineth in his ſtate. Ye ſhall underſtand, that theſe are great ſecrets of importance which I have revealed of this Gumme, and happy ſhall he be that uſeth them in the time of need. Now the order to make this oyl is thus; Take as much Frankincenſe as thou wilt, and put it into a Retort of glaſſe, with the fourth part of common aſhes, and ſet it to diſtill, and give it firſt a ſmall fire until the oyl change colour; then preſently change the Receiver, and augment the fire untill all the ſubſtance be come out. Ye ſhall underſtand, that this oyl is beſt freſh; for when it is old, it wil wax thick, and cannot pierce ſo well.

204 *The ſecrets of Mercury, or Quick-ſilver.*

Quick-ſilver is a liquid Mineral, and volatile, which the Alchymiſts call *Sulpher volatile*, and wil accompany with all other metals; but

but with ſmal fire they may be ſeparated again, and wil fly away in fume: and for that cauſe, the Philoſophers call it *Servus fugitivus*, as a man would ſay; it can hold friendſhip with none; but ſo ſoon as he hath done his ſervice, he flyeth away, as it is ſeen by Gold-Smiths that gild plate: for when they have laid him on with the gold, they put it to the fire, and he flies away; and the like it would do when any man doth occupie him in any ſort of infirmity. And the order to calcine it is this,

Take a long pot of ſtone that is very wel glazed, with the neck a foot and half long, and that hath a very narrow mouth, as is poſſible, and put therein two or three pound of Quick-ſilver, then ſet the ſame pot in a ſallet of Iron, and lute them cloſe together, and ſet it upon a furnace, and give them fire according to art, until the Quick-ſilver remain calcined; having ſpecial care that your head and receiver be very wel luted, leſt you loſe ſome part of the Quick ſilver; and thus in eight daies it ſhal be finiſhed, which ſhall be apt for ſolution. Alſo this calcination ſerveth to divers and ſundry medicines; it mortifieth corroſive Ulcers without any pain. The ſolution is made in this order.

Take the ſaid Calx, and put it into a long neck'd glaſs, and put thereon diſtilled vinegar, and ſet in warm ſand four and twenty houres, and then give it one walm, and when it hath

boiled

boil'd, pour out the vinegar, and then if there remaine any feces in the bottome, put in fresh vinegar, and do as thou didst before; and this thou shalt do so often, till it be dissolved into water; and when all is dissolved, evaporate away the vinegar, that there remain but little in the bottom, then put thereto water of hony made by distillation, and so the solution of Mercury shal be finished, which is miraculous in many infirmities. It serves against the cough, Catarrhe, and for those that have their stomacks putrified with the Pox, using it with other syrups and potions. It helpeth those whose milk is indurated; and also for those that have any kind of Fistula in any part of the body: It is also good for divers other things which I will not insert here, because others should endeavour too, by exercise to find out other secrets thereof as I have done.

205 *To make the representation of the whole world in a glasse*

Take of the purest salt Nitre as much as you please, of Tin half so much, mix them together, and calcine them hermetically; then put them into a Retort, to which annex a glasse receiver, and lute them wel together: let leaves of gold be put into the bottome thereof; then put fire to the retort, until vapours arise that will cleave to the gold: augment the fire till no more

more fumes aſcend; then take away the Receiver, and cloſe it hermetically, and make a lampe fire under it, and you wil ſee preſented in it the Sun, Moone, Stars, Fountains, Flowers, Trees, Fruits, and indeed, even all things; which is a glorious ſight to behold.

206 *In a fit of the ſtone, when the water ſtops.*

Take the freſh ſhels of Snailes, the neweſt will look of a rediſh colour, and are beſt: take out the Snails, and dry the ſhels with a moderate heat, in an Oven after the bread is drawn: Likewiſe take Bees and dry them in the ſame manner, and beat them ſeverally into powder; then take twice ſo much of the Bees powder as of the Snails, and mix them well together; keep it cloſe covered in a glaſſe, and when you uſe it, take as much of this powder as will lie upon a ſix pence, and put it into a quarter of a pint of the diſtilled water of Bean flowers, and drink it faſting, or upon an empty ſtomack, and neither eat nor drink for two or three hours after. This wil both cauſe the urine to come away, and bring the gravell or ſtone away with it, and hath done very much good.

207 *A Medicine for the Stone.*

Pellitory of the wall, Smallage, Holioaks, Mallow

Mallows, Tansie and Saxifrage, of each take an handfull; chop them small, and quilt them in a little linnen bag: then take three pints of Cream, half a pint of malmsie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, and when the bag is throughly hot, wring it between two trenchers over the pot to save the liquor: then lay the bag to the grief as hot as you can suffer it; and as soon as it cooleth, make it hot again in the same liquor, and so apply it to the grief.

108 *Another very good medicine for the Stone.*

Make a posset of a quart of Rhenish wine, a pinte of Ale, and a pint of milk; then take away the Curd, and put into the drinke two handfuls of Sorrel, one handful of Burnet, and halfe a handful of Baulm: boil them together a good while, but not too long, lest the drink be too unpleasant: then take of the drink a quarter of a pint, or rather half a pint at once, at morning and to bedward, putting therein first two or three spoonfuls of juyce of Lemmons. This is an excellent medicine for the Stone in the Kidnies, to dissolve and bring it away. It is very good in these diseases of the Stone to use Burnet often in your drink at meals; and often to steep it in over night, and in the morning

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put in three or four ſpoonfuls of juyce of Lemmons, and to drink thereof a good draught every morning a week together, about the Full Moon, three daies before, and three daies after.

209 *To diſſolve the Stone, which is one of the Phyſicians greateſt ſecrets.*

Take a peck of green Bean Cods, wel cleaved and without dew or rain, and two good handfuls of Saxifrage, lay the ſame into a ſtill, one row of Bean Cods, another of Saxifrage, and ſo diſtil one quart of water after this manner; and then diſtil another proportion of Bean Cods alone, and uſe to drink of theſe two waters. If the patient be moſt troubled with heat of the reins, then it is good to uſe the Bean Cod water ſtilled alone more often, and the other upon coming down of the ſharp gravell or ſtone.

210 *A Stove to ſweat in.*

I know that many Gentlewomen, as well for clearing of their skin, as cleanſing of their bodies, do now and then delight to ſweat, For which purpoſe I have ſet down this manner following, as the beſt that I ever obſerved. Put into a braſs pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kind, as ſhall be moſt proper for your infirmitie, with ſome reaſo-

reaſonable quantity of water; cloſe the ſame with a cover fit for it, and wel luted with paſte made of flower, and whites of eggs. At ſome part of the cover you muſt let in a leaden pipe, (the entrance whereof muſt alſo be wel luted;) this pipe muſt be conveyed thorow the ſide of the chimny where the pot ſtandeth, in a thicke holow ſtake of a bathing tub, croſſed with hoops in the top, according to the uſual manner, which you may cover with a ſheet at your pleaſure. Now the ſteam of the pot paſſing thorow the pipe under the falſe bottom of the bathing tub, (which muſt be bored ful of big holes) will breath ſo ſweet and warme a vapour upon your body, as that (receiving air by holding your head without the tub, as you ſit therein) you ſhal ſweat moſt temperately, and continue the ſame without fainting. And this is performed with a ſmal Charcole fire maintained under the pot for this purpoſe. Note, that the room ſhould be cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whilſt your body is made open and porous to the air.

211 *Againſt ſurfetting and indigeſtion.*

Take the bottom of a Wheaten loaf, and toaſt it at the fire til it be very brown and hard; then take a good quantity of *Aqua vitæ*, and put upon the ſame ſo toaſted, and put it in a ſingle linnen cloth, and lay it at the breſt of the patient all night, and with the help of God he

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ſhall recover, and ſhall vomit or purge ſoone after.

212 *To make a tooth fall out of it ſelf.*

Take wheat flower and mix it with the milk of an herb called Spurge, make thereof a paſte, and fil the hole of the tooth therewith, and leave it there, changing it every two hours, and the tooth wil fall out.

213 *To take away the cauſe of the pain in the Teeth.*

Waſh the mouth two or three dayes together in the morning every month with white wine, wherein the root of Spurge hath been ſodden, and you ſhall never have pain in your Teeth.

214 *For a hollow Tooth.*

Take two or three dops of *Aqua fortis*, and dip a little lint therein, and ſtop the hollow place therewith, and for an hour or thereabouts it wil put you to ſome pain; but in a very ſhort ſpace after it wil give you eaſe. Uſe this twice or thrice, and it wil quite expel the pain for ever after, without periſhing the tooth at all.

215 *For the Rheume in the Gummes and Teeth.*

Boyle Roſemary in fair water, with ſometenne or twelve Cloves ſlit; and when it is boyled, take as much Clarret wine as there is water left, and mingle with it; and make it boile but a little againe, then ſtraine it in-

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to ſome glaſſe, and waſh your mouth therewith morning and evening; this wil take away the Rheum in ſhort time. And if you boil a little Maſtick therewith, it is the better.

216 *Tobacco, its vertues and uſes*

Take of the green herb and roote three pound and an half, ſtampe it in a mortar with a little ſalt, then put it in a glaſſe with ſix ounces of the ſpirit of wine, and ſet it a whole month in horſe dung to putrifie; then diſtil it in Balneo til all the ſubſtance be come out; and put as much *Oleum ſulphuris* into it as wil make it tart; then keep it cloſe from air. A ſpooneful every morning will help againſt the Fever in a ſhort time. It ſpeedily cures Ulcers or Scabs, by drinking a ſpooneful every morning, and waſhing the ſores therewith.

217 *A Diet for the Patient that hath Ulcers or wounds that wil hardly be cured with Ointments, Salves, or Plaiſters.*

Take one pound of Guaicum, boile it in three pottles of Ale, with a ſoft fire, to the conſuming of two parts: but if it be where you may have wild Whey, or Cheeſe Whay, they are better: let the Patient drink of this morning and

and evening half a pint at a time, and let him ſweat after it two hours. His drink at his meals muſt thus be uſed; put into the ſame veſſel where the former was made, to the Guaicum that is left, three pottles of Ale, (and not whay) let it boil to the one half, let him drinke thereof at all times, and at his meals, which muſt be but one in a day, and that ſo little, that he may riſe hungry: this muſt he doe five daies together: but he muſt firſt be purged.

218 *To help Ulcers of all ſorts.*

Seeing Ulcers are of divers and ſundry kinds; it's neceſſary to know of what kind and quality they are, ſo that thou maiſt help them in form and order convenient. And firſt of the corroſive Ulcers, as of a wound cancrenated, of *Mal di formica*, and of other ſorts of Ulcers that go creeping on the fleſh; the cure of theſe is, by applying quickly *Cauſtick* to mortifie the evil; which thou ſhalt do thus, Wet a little bumbaſt in the ſaid *Cauſtick*, and therewith waſh all the ſore, and then leave it ſo open four and twenty hours without binding it faſt, and when twenty four hours are paſt, waſh the ſore with ſtrong vinegar & water of an equal quantity, with great care that there remain none of the *Cauſtick* in the ſore: then lay thereon butter waſhed with a Colewort leaf, until the askar or dead fleſh fal; then take *Cerrot Magiſtrale*,

strale, with a little *Precipitate* strewed thereon, and then annoint it with *Magno liquore*, and lay it upon the sore; for this Cerot helpeth all manner of corrosive Ulcers, without any other help; and every plaister wil serve three or foure daies, taking them off every twenty four hours, and making them clean, and then lay them on again. As for the filthy Ulcer abovesaid, you shal dresse it only with the *Unguento Magno Leonardo*, which (without any other help) will heal them quickly: but you must every foure daies, touch them with *Aqua-fortis* drawn from *Precipitate*, which water draweth forth the offensive matter, and leaveth it purified and clean. As for all other sorts of Ulcers, *Magno Liquore Leonardo*, with Balm artificial, oyle of Wax, and Turpentine, the black Cerot of *Godfredo di Medic.* and the beforesaid *Cerot Magistrale* with *Precipitate*, are able to helpe, be they never so evil.

219 *An approved Remedy to stay Vomiting, by M. R.*

A man of thirty years old was troubled a long time with sore vomiting, throwing up presently whatsoever he eat or drank; and was relieved by this receipt. Take of Malmsey six ounces, oyl of Vitriol six drops or more; mix them together, and take thereof every morning fasting an ounce, or thereabout, and

in

in short time it wil stay the vomit.

220 *A Receipt for to make Vomits.*

Take of the glass of *Antimony* pounded as smal as may be, five grains; infuse the same all night in four ounces of white wine, shaking it divers times: early in the morning pour out all the cleer part, whereunto adde one ounce of *Oximel Fulinizans*: so take it, drinking after every vomit a draught of posset ale.

Or take of *Mercurius vitæ* five grains in a spoonful of white wine. Or take two ounces of *Crocus Metallorum*; Or take warm water wherein a Raddish root hath been boiled, adding to it a little sallet oyl; also a little Oximel of the squil may be added. This vomit is taken specially for the weakness of the stomack, and for four or five daies together, it is taken for expelling the flegmatick and malign humors.

221 *To kil Warts, an approved Medicine.*

Take a Raddish root, scrape off the outer side of it, and rub it all over with salt, then set it, (thus dressed) upright in a Sawcer, or some other smal dish, that you may save the liquor which runneth from it: and therewith annoint your Warts three or four times in a day, (the oftner the better) and in five or six daies they wil consume away. *Sæpe Probatum.*

222 *For one that cannot make water.*

Take the white strings or filmy roots of Primeroses, wash them very clean, and boil of them halfe a handful in a pint of Beer or white wine, til half be consumed; then strain it thorow a clean cloth, and drink thereof a quarter of a pint somewhat warm, morning and evening, for three daies: and it wil purge away all viscous or obstructious stopping the passage of the water. *Probatum.*

223 *An excellent medicine for a child that cannot make water.*

Kill three or four hive Bees, then dry them upon an hot slate: being thorow dry, bruise them to smal powder, then put the powder into a quart of small ale, and give it the patient to drink, and he shal have present remedy.

224 *For one that pisseth bloud.*

Take Toutsain, Sanguinary and Parsley of each one handful, stamp them together very smal, and mix the herbs, juyce and altogether with warm Goats milke, and drink a good draught thereof fasting every morning.

225 *To kil the wild fire,*

Take Plantaine, Sorrel, Marigold leaves, of each

ach one handful, ſtampe them and ſtrain out he juyce, and boil it with twice ſo much vine- ar, and put it up in a glaſſe for your uſe.

226 *How to order a woman with child, before, in, and after her labour.*

To preſerve the infant, and prevent abor- ion, take Coriander ſeed prepared 2 drachms, f the root of Biſtort, the ſhavings of Ivory, and ed Coral of each a drachm; of white Amber, Chryſtal, of each a ſcruple; *Alkerms* halfe a ſcruple; Sugar diſſolved in four ounces of Roſe ater; make tables, each of them weighing a rachm. Let the patient take one every other ay morning and evening: between whiles let er ſup up a rathe new egge, thickned a little with *Magiſterium of Pearl*, or fine powder, or red Coral. But if her breſts after their filling hould begin to leſſen and fal, it is a ſigne of uture abortion; to prevent which, let her take oot of Biſtort, and Corianders, of each two rachms; of unripened Gales, red Sanders, and Hipociſtidos, of each one drachm, Gum Lab- anum, Maſtick, of each halfe an ounce; choice rankincenſe, Bdelium (the Gum of a tree in *Arabia*) of each two drachms; Coral, Amber, of each one drachm: Powder thoſe which are to be powdered, and with oyl of Turpentine and Wax make two or three Cere-clothes; ap-

ply them sometimes to her loins and sides, and sometimes under the Navel. Shee must avoid all sudden and violent motions both of the mind and body, as Coughs, sneezings, Frights; also spices and strong wines. Act thus much before labour.

In labour, to procure ease and speed, take three or four drops of the distilled oyl of Nutmegs in a spoonful of white wine. Or, Take white Dictamne root, Stones of Dates, Borax, of each two scruples; Cinnamon, Cassia lignea, Amber, fine pearl, of each one scruple, Saffron half a scruple; make a smal powder which divide into two equal parts; and let her take one part in a draught of the water of Lillies or posset Ale made with Rhenish wine, and the other part let her take about six hours after, if need require.

If shee should be subject to fainting or swouning before or after labour, take now and then a spoonful of this excellent Cordial following: Take Borage water, Rose water, Strawberry water, and Rhenish wine, of each two ounces; species of *Diamargaricum frigidum* one scruple; make a warm infusion for the space of an hour, then strain it, and add thereunto *Manus Christi* made with Pearl four ounces; Syrup of Baum one ounce, Syrup of Gilliflowers, of each two ounces; Oriental Bezoar, Unicorns horn, and Ambergreece

of each six grains. Make a Cordial Julep.

Many times after labour great pains follow women newly delivered, for which this plaine simple remedie is very good: Drink a good draught of beer boiled with a spoonful of Camomile flowers; and in greater pains let her drink six ounces of the oyl of sweet Almonds fresh drawn.

To dry up milk, a quick and safe remedy is new sponges wet in vinegar (where a handful of Comminseed boiled is bruised) tyed close to the brests, annointing them with *Unguentum populeum.*

To procure store of milk, use posset drink made and boiled with Fennel, and the sweet seeds of Annis seeds and Fennel. These Remedies are approved to be safe, sure, and forcible to effect what is propounded.

227 *To bring a woman to a speedy birth.*

Take of Piony root dried, as much as half an Almond, beat it to very smal powder, and give it the woman to drink in an Aleberry.

228 *For the same.*

Take Hysop, Vervine and Betony, of each one handful: stamp them smal with some old Ale, and strain out that Ale and juyce, and

put as much more ale, as will make a pretty draught, and let the woman in her labour drink it, and ſhee ſhall be ſpeedily delivered.

229 *For a dead child in a womans body.*

Take juyce of Hyſop, temper it in warm water, and give it the woman to drink.

230 *A medicine for a woman in travel to make her have Throwes.*

Take Coral, Amber, Date-ſtones, Pearl, Piony ſeeds, Saffron, Commine: beat all theſe in powder, and put it into Malmſie, and take Unicorns horn, and put it into a ſpoon with a ſittle Malmſie, and give it to her; and preently let her drink a draught of the Malmſie with the powder aforeſaid, warming it a little.

231 *A medicine for the falling down of the Matrice to the bearing place.*

Firſt take chickweed and ſeeth it in an earthen pot; then lay of it upon a piece of ſcarlet, as hot as the party may ſuffer it: Let her take it to the privy place; and as one plaiſter cools, ſo lay on another, and uſe it.

Ano-

232 *Another to be laid to the Navel, and to the back right against the Navel, for the same use.*

Take an Onion, and roast it very tender, then take of Alysander seeds and bruise them in a wodden dish, and mingle the onion and bruised seeds together, and lay it upon a piece of linnen cloth; so lay it to the Navel a little warm: rowl that on, and let it lie on four and twenty hours; then change it and take a new one til it be cured. It availeth much, that the midwife hold Musk below (tyed in a little Lawn) to draw down the child.

Take Torchwort, and lay a leaf of it to the crown of a womans head warm; to stay other flowers.

233 *Immoderate flux menstrual suppressed or stayed.*

Take the roots of Orpine and Comfry thin sliced, Clary, of each as much as you please; boil theme with a Chicken, and with that broth make Almond milk, and to every handful of Almonds add one scruple of Labdanum; grind them wel together, and drink thereof morning and evening. Also annoint the reins and grieved parts with this oyntment: *Unguentum album camphoratum* 2 ounces, *Saccarum saturni* two drachms; mingle them and make an ointment.

234 *For a woman that hath too much of the flowers.*

Burn the foot of a Hare to powder, and drink thereof with red wine and Cinnamon, firſt and laſt, nine daies; and it wil help her.

235 *To ſtop the whites in women.*

Fry Hemlock in freſh Swines greaſe, lay it as hot ſhe may ſuffer it to the ſecret place.

236 *Another for the ſame.*

Of new milk of a red Cow take a quart, ten ſpoonfuls of red Roſewater, or Pomegranate pil beaten, and a little Cinnamon beaten, and ſeethe it half away: ſweeten it with ſugar, and drink a draught morning and evening, and two whites of eggs beaten.

237 *To make Pomatum.*

Take the Leafe of a hog new killed, lay it in water nine daies, keeping it cloſe covered, and ſhifting it three times a day; then take it out of the water and beat it, and beat it with a wooden peſtel in a ſtone morter; then put into a great galli-pot a branch of Roſemarie, half a pound of Almonds blanched and beaten, a quarter of a pint of Roſewater, three or four large Mace bruiſed, a grain of Muſk bruiſed, and upon them all put in the hogs leaf ſo beaten,

en, and cover it close: Then take a brass-pot, fil it so ful of water, that the galli-pot may stand two or three inches above the water in the same pot, set the brasse pot on a Charcole fire, or such another fire as may make it seethe apace, and have no smoakie brands about it. Set a weight on the top of your gallipot, lest it swim and fall, and then let the brasse pot boil so fast as may make the gallipot seeth also, and so let it seeth three hours, keeping in a kettle by on another fire some seething water, to fil up the brasse pot stil, as the water shall evaporate out of it by seething; then take out your gallipot, stir the stuffe in it wel together, and strain it thorow a fine cloth (which you must be sure must have no holes in it) into another gallipot, of the same size: and set that with the matter so strained in it, into the brasse pot close stopt, and let it boile for an hour, then pour it into little gallipots for your use, but binde them not up til they be throughly cold.

Severall Compositions of great Use in this second part of this Manuel.

I Magno Liquore, *which is of great vertue.*

TAke sweet Sallet oyl twenty pound white wine two pound, boil these together until the wine be consumed, then put it in a vessel of stone, and put thereunto these things following.

Take the flowers of Rose-mary three pound, Lignum aloes six ounces; Olibanum, Bdelium, of each ten ounces; then stop it very close, and bury it in the ground four foot deep; and this would be buried in the beginning of Auguſt, and there remain until the month of *March*, then take it forth of the ground, and set it in the Sun, and put thereto these matters following. Sage, Rosemary, Rue, Betony Millifolly, Comfery roots, Tamaro, Viticella, of each one handful; Gallingall, Cloves, Nutmegs, Spikenard, Saffron, one ounce; Sarcocolla, Sanguis Draconis in grain, Mastick, one ounce; aloes hepatick, *Rasa di pino*, of each eight ounces, yellow wax, *Auxungia*, of each eighteen ounces, *Colophony* one pound, Hypericon with the

the seed and all, one pound, Musk one drachm; mix them all wel together, and boil them in Balneo until the herbs become dry, and have no more substance, then it is boiled; then take it forth and strain it; and put thereunto for every pound six drachms of balme artificial; and when the month of Septem. cometh, put thereunto two pound of the fruit of the herb called Balsamina, which is red, and then it is ended; which thou shalt keep in a glasse close shut, for the older it is, the better it is; and is of such vertue, that it helpeth the Etisie, and Hidropsie, if ye give them every morning four drachms with two ounces of syrup of Roses warm, the space of eleven dayes, as is wel proved: and this is the true and perfect Unction that helpeth the Petocchie, a disease so called in the Italian; If any were wounded, and had cut veins, sinnews and bones, let him joyn the parts close together, and dresse it with this oyl very hot upon the upper parts; and in short time it shal be whole without any alteration; it helpeth also the white scal, if ye annoint it therewith: it helpeth coldnesse in the head, and Catarrhs, if ye annoint within the nostrils at night when ye go to bed; if ye annoint the stomack therewith, it causeth perfect digestion of the meat, it provoketh urine where it is let through carnosity, or Gonnorea, or such like Matter; it causeth hair to grow, it preserveth the beard black, and is good against worms; and all these experiments

are

are true, and proved by one divers and ſundry times in the aforeſaid infirmities, and alſo in divers other, which are left until nother time: Ye ſhal note, that if you annoint one all over that is grieved with the Pox, with this oyle, it wil encreaſe his pain; and ſo by that means you may know whether he be infected or no.

2 *How to compound* Aromatico Leonardo, *with its vertues.*

Aromatico Leonardo, is a miraculous medicine, that ſerveth againſt all manner of diſeaſes of what quality ſoever they be; for it worketh this operation, viz. as ſoon as it joineth to the ſtomack, it draweth to it all the evil humors of the body, and imbraceth them, and carrieth them forth of the body both by vomit and ſeige, and ſo leaveth nature unburthened, which may prevaile at pleaſure, becauſe it hath no impediment: and the order to make it is thus:

Take fine white ſugar four ounces, pure Pearls, Musk, Saffron, Lignum aloes, Cinamon, of each one ſcruple; *Petra Philoſophale* four drams, mix them together, and make thereof Lozanges with Roſe water according to art, the which ye ſhal keep in a box of Wood cloſe ſhut: and the order to uſe it is thus; When the phyſician goes do viſit any ſick perſon, and intends to prepare him ſome medicine to take inward

inward; the beſt and moſt perfect inward medicine that he can ordain is this Aromatico, becauſe it evacuateth the ſtomack by vomit, and the body downward; and his operation is ſuch, that it doth in manner help any crude ſort of infirmity, and the quantity is from one dram to two drams, and may be taken in broth, in wine, in water, or mix it with any pils, or potion, giving charge, that when it is put into any potion, thou leave none in the bottom of the cup where thou drink it out, becauſe the *Petra Philoſophale* is heavy, and wil remain in the bottome, for if that remain, it wil not work at all; giving alſo charge, the day that you give this medicine, that you let the patients drink as much crude water as they wil, and give them little meat to eat that day, and this is the order to uſe this medicine.

3 *Cauſtick.*

Take Arſenick, Criſtaline, *ſal Armoniak*, Sublimate, of each alike; boil them, being finely ground, in as much ſtrong vinegar as the matter weigheth, until 2 third parts be conſumed, and that there remain a third; then keep it in a glaſs cloſe ſhut for thy uſe, as I wil ſhew thee in divers places when occaſion ſhal ſerve.

4 A Magiſtrale Cerot *againſt the white Scal.*

This *Cerot* is of great vertue, and of marvellous

vellous experience to resolve the white scal, because it is penetrative, Mundificative, and Resolutive, and causeth the hair to grow where it is fallen away, to the great content of the Patient, and honor of the Physician, and it is made in this order. Take Frankincense that is strained from his filth, what quantity you wil, and distil it in a retort, and give it fire at the least forty hours, then let it cool, and break the glasse, and in the bottome thou shalt find a black mase the which make into powder, then for every pound of the said powder, put thereto one ounce of Wax, and four ounces of the said oyl that you distilled, and half an ounce of the heads of Bees, the which are easie to be had in Summer: Mix all the aforesaid things in a vessel of Copper, and with a smal fire make them in form of a liquid unguent; and when thou wilt use it, shave the head, and wash it, and lay thereon this Cerot upon a fair cloth warme, and every two daies change it; and so in short time thou shalt see strange effects of his vertue. This serveth also against breaking of bones, dislocations, and for scabs ulcerated, because it dryeth, and comforteth, and resolveth all the evil qualities; giving charge in the distilling, because the fire many times consumeth it so, that in the bottome their remains nothing that is good, and therefore beware in the making.

5 *Pil.*

5 Pillole Magistrale, *which is good against any infirmties.*

These pils are of great vertue, and especially against all kind of pains coming of corrupt humors; for they purge the putrified humors, and preserve the body from corruption: and the order to make it is thus.

Take *Olibanum*, Mastick, Mirrhe, *Sarcocolla*, *aloes hepatica*, *Eleborus niger*, Saffron, Turbit, *Colloquintida*, of each what you please, Stamp them finely; and for every ounce of the aforesaid matters, put thereunto two *Carets* of Musk, and then incorporate it with hony of Roses and *Aqua vitæ* of each a like; and this paste thou mayest keep six months in a vessel of lead; the quantity is from two drachms to three drachms, in the morning fasting, and drink thereon a little wine. These pils are most excellent to take away the pains of the Gout, and to preserve a man from it; they are also good for them that have the french pox, because they evacuate the gross and viscous humors, and maintain the body in good temperature, and using them in those diseases, it preserveth the body in good temperature. They are also good for women that are troubled with pains of the Mother, and retention of their terms, for these are aperative, and provoke them, and purgeth the Matrix of all impediments contained

ed therein: They serve against the Megrum, and all pains of the head, and also against all kind of putrified fevers, as the experience thereof hath been seen sundry times.

6 *To make a* Quintessence *of marvellous vertue.*

Quintessence is so called, because it is an essence taken from the elements without corrupting them; and it's called *Quinta essentia*, because its an essence above the four elements; which hath a marvelous vertue in preserving all things from putrefaction; and is of so much vertue, that drinking every morning half an ounce thereof as soon as a person riseth out of his bed, it preserveth in continual health: It helpeth wounds and sores of all sorts by washing them therewith: It preserveth all flesh, fish, and fruits that are put therein. The order to make it is thus:

Take fourteen pound of good strong wine, common hony one pound, Annis-seed, Coriander, *Lignum aloes*, *Calamus Aromoticus*, of each three ounces, Rose water foure ounces: Beate those things which are to be beaten grosly, and infuse them in the said wine two daies, and then put them in a gourd of glasse, and distil it by *Balneo* so long til the extracted water burn, and when it wil burn distil it no more: then keepe that which is distilled in a glasse close stopped, that

that it take no air, and ſo keep it til thou have occaſion to uſe it; for it is a moſt rare liquor, becauſe it reſolveth all indiſpoſitions that happen to mans body. If any deſire to have this *Quinteſſence* more perfect, let him take a tenth part of good hony, with a little Cinnamon, and diſtil it again by *Balneo*, and the Flegm wil remain all in the bottom of the veſſel, and the *Quinteſſence* wil be ſo fine, that the air will take it away. And therefore he that can make this well, ſhall work ſtrange cures therewith, even to admiration.

7 Quinteſſentia ſolutiva, *which is of Marvelous operations in divers matters.*

This *Quinteſſentia ſolutiva* evacuateth the body with great eaſe and without any detriment, and it purgeth all parts of the body that are troubled with groſs and viſcous humours, it reſolveth ſwellings, and taketh away the pains; it preſerveth the ſight, and killeth worms, and cauſeth a good appetite, with many other good qualities, which I ſhall leave at this time; and the order to make it is thus.

Take Lignum aloes, Cinnamon, Turbit, *aloes hepatica*, of each one ounce, Colloquintida, two ounces, Cloves, Saffron, of each three ſcruples, Muſk of Levant one drachm, Julep of Violets one pound. Mix all the aforeſaid

ſaid maters together in a glaſſe, and put thereon two pound of Quinteſſence, and ſo let it ſtand twelve daies, and then ſtrain it, and put it into a veſſel of glaſſe cloſe ſhut; this may be taken with broth, wine, or with what ſirup or potion you wil; the quantity is from two drams to four drams in the morning faſting, without keeping of any diet at two ounces, and it ſhal work wel without trouble at all.

8 Syrupo Solutivo, *or the ſoluble Syrup; with the order how to make and uſe it.*

This ſoluble Syrup made in decoction is very wholſome, and of great vertue, and eſpecially in crude humors; for it diſperſeth the matter, and evacuates it with great eaſe, and without danger or trouble of the Patient: The order to make it is thus.

Take Sage, Roſemary, Siccory, *Carduus Benedictus*, Nettles, Organy, of each an handful; Figs, Raiſins, Dates, ſweet Almonds, *Sal Gemma*, of each four ounces, *Colloquintida*, *Aloes hepatica*, Cinnamon, *Mirabolani citrini*, of each two ounces, common hony two pound. Stamp them all groſly, and put them to infuſe in eighteen pound of fair water; then boil it til half be conſumed; then ſtrain it, and diſtil it by a filter, and aromatize it with two carets of Musk, and a pint of Roſewater, and then it is made:

made: which you ſhal keep in a glaſs bottle cloſe ſtopped. The doſe is from foure ounces to ſix.

In winter you muſt take it very warm; and in the ſpring and Autumn take it warm and no more; in ſummer you muſt take it cold: This purgeth the groſſe humors of the body, and hurteth not the ſtomack. You may uſe it in a Fever for four or five daies together, and it wil help it. In crudity of humors, as the French Pox, Gouts, Catarrhs, Dogly Artetica, and ſuch like matters, where there is no accident of Fevers, you may take it ten or fifteen daies together, and it cannot hurt, for it purgeth moſt excellently: It is given againſt the cough, againſt flux of the urine, and pains in the head, and carnaſity in the yard, or the Hemeroids. And in brief, it is good againſt all diſeaſes cauſed of corrupt humors; for it hath ſuch vertue, that it draweth from all parts, and evacuateth the humors inteſtinal. There hath been great experience of this ſyrup in ſuch perſons as had in a manner utterly loſt their taſte, who by uſing it, have been brought to a good temperature; there have been alſo infinite experiments on ulcerated perſons and ful of ſores, ill handled by poverty and weakneſſe, who finding no means to cure them, have been cured by this ſyrup in fourteen or fifteene dayes, *Cum multis aliis &c.*

9 *Sirru-*

9 Sirrupo Magiſtrale Leonardo, *which ſerveth againſt an infinite number of diſeaſes, and is a rare medicine.*

This ſyrup is ſolutive, and very pleſant to uſe, and cannot hurt in any wiſe, which is ſeldom ſeen in other Medicines: and the order to make it is thus.

The leaves of Sine, two ounces; Fumitory, Maiden hair, Harts-tongue, Liver wort, *Epitemum*, *Ellemo*, Pollipody of the oake, the flowers of Borage, Bugloſs, Liquorice, of each three ounces, *Colloquintida*, *Eleborus niger*, *Aloes hepatica*, *Mirabolani Indi*, of each one ounce, Pruins fourteen, Sebeſtien twelve, Tamerisk one ounce; Stamp them groſly, and infuſe them in ten pounds of fumitory water, then boil it until the conſumption of the third part, and then ſtrain it, and in that which is ſtrained put theſe things: Syrup of *Stæcados* one pound, Saffron one ſcruple, *mel roſarum* ſix ounces, Rectified *Aqua vitæ* four ounces: Musk one drachm, the muſſege of Mariſh Mallows foure ounces, *Benjamin* one ounce, Roſe water three ounces; and then it is made, which ye ſhal keep in a glaſſe cloſe ſtopt, and keep it in a temperate place, and this you muſt take warm: the quantity is from two ounces to four ounces, and it is a moſt ſafe medicine, to be uſed without keeping of any diet. It helpeth thoſe much that have Pellaria, Scabs, Hemeroids, and ſuch like diſeaſes, and may be given unto a woman with child, without any danger, when ſhe

she shal have occasion to use any.

10 *To make artificial Balm, and the vertues thereof*

This balm hath all the vertues of the natural balm, although not in quality, yet in vertue, The order of making it is this.

Take one pound of Venice Turpentine, oyl of Bayes perfect without mixture four ounces, *Galbanum* three ounces, Gum *Arabic* four ounces, *Olibanum*, *Mirrha electi*, *Gum Hederæ* of each three ounces, *Lignum Aloes*, Galingal, Cloves, *Consolida minore*, Cinnamon, Nutmegs, Ginger, *Zedoaria*, *Dipt amnum album*, of each one ounce; Musk of Levant, *Ambergreece*, of each one drachm: Beat all these things together, and put them into a Retort of glass well luted, and put thereto six pound of rectified *Aqua vitæ* without flegm, and so let it stand eight daies, and then distil it by sand, and the first extraction wil be white water mixed with oyl; then keep the fire smal, until there come forth a blackish oyl then change the receiver, and set thereto another, and increase the fire til all the spirits be drawn out: then separate the oyl from the black water, and likewise from the white, and keep them asunder by themselves. The first water that is white is called *Aqua del Balsamo*, or a Balm water, and the oyl seperated from that is called *Oleum del Balsamo*, or oyl of Balm. The second water that is black, is called *Mater del Balsamo*, or mother of Balm, and the oyle separated from that water is called *del Balsamo artificiato*, or artificial Balme; which

which should be kept as a most precious Jewel.

Each of these Waters and oyls have their several admirable vertues and operations for effecting of wonderful cures; but the artificial Balm is a most miraculous liquor; as for the Stitch in the side, for which the dose is two drachms; the Cough, Catarrhe, coldnesse in the head or stomack, wounds in the head, and infinite others; yea, I know no disease either hot or cold, but it doth good to it, and that by its own quality, and hidden vertues; cooling the hot, and heating the cold. In a word, whosoever hath this precious liquor, may be kept from, or cured of all infirmities, and need not seek for the natural Balm with so great expences, and the hazard of life, as hath been often seen.

11 Vegetable *syrup, which is miraculous and divine.*

This Syrup is a secret, with which many miracles have many times been wrought, in divers operations, on many infirmities. The order to make this syrup is thus.

Take *Lignum aloes, Riopontico Eupatorio,* red Saunders, of each two ounces; beat them, and make thereof a decoction in good form, and with four pound of the decoction make a syrup, and put thereto these things following while it is hot, Saffron one scruple, Ginger one drachm,

Musk

Musk two Carets, the solution of our *Petra Vegetabile* three ounces, Cloves, Nutmegs, of each one scruple and a half; then keep it in a glasse close shut, and this is vegetable Syrup, which worketh miracles in divers infirmities; for by its nature it purifieth the blood, mundifieth the liver, comforteth the heart, preserveth the stomack, provoketh urine, dissolveth gravel in the reins, it helpeth the cough, and helpeth digestion, and quieteth all the humors in the sick person, with divers other vertues which it hath.

This may be taken with broth, with distilled water, or with any decoction, or medicine, fasting: The quantity is from one drachm to two drachms; and happy shal they be that use it.

12 *Unguento Magno Leonardo.*

This *Unguento magno* is called so because of his great vertue and operation; for it worketh so strangely in some diseases, that it in a manner reviveth the patient: and the order to make it is thus.

Take *Otnegra ovium*, six ounces, *Oximel Squilliticum* halfe an ounce, mix them together in an earthen dish until the *Otnegra ovium* be become like ashes, then it is deistrom; then put thereon two ounces of vinegar and wash it wel until it remain pure and clear, then take *Olibanum* half an ounce, *Ceruſæ* one ounce, beat them fine, and mix it in a stone morter with as much

much *Magno Liquore*, as wil ſerve to incorporate them wel, then put thereto the *otnegra omnium*, and mix them very wel together; that being done, put thereto *Auxungia porcina*, eight ounces; and mix them altogether, and then it is made, which keep in a veſſel wel glazed; for it wil keep a long time without corruption, and is apt to help thoſe that are lame, ful of pains, ſores and ſwellings, pains of the eyes, the Stone in the reins, and ſuch like matters; it helpeth all manner of French pox, if ye annoint them therewith til their gums be ſore, and then leave. But ye ſhall note, that the body muſt firſt be wel purged before ye annoint them. This unguent cooleth all corroſive ulcers, and helpeth them in ſhort time, it helpeth all pains in the eyes if yee put it therein, and taketh away all burning with ſpeed: and to be ſhort, it helpeth thoſe diſeaſes in moſt ſhort time, ſo that it is to be wondred at.

BRITISH

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BRITISH MUSEUM

Experi-

Experiments in Cookery and Houſwifery.

Sallets or Sawce.

1 *A Lemmon Sallet.*

Take Lemmons, rub them upon a grate to make their rinds ſmooth, cut them in halfes, take out the meat of them, and boil them in fair water a good while, changing the water once or twice in the boiling, to take away the bitterneſſe of them: when they are tender, take them out and ſcrape away all the meat (if any be left) very clean; then cut them as thin as you can (to make them hold) in a long ſtring, or in reaſonable ſhort pieces, and lay them in your glaſs, and boiling ſome of the beſt white-wine vinegar with ſugar, to a reaſonable thin ſyrup, pour it upon them into your glaſſe, and keep them for your uſe.

2 *To keep Clove Gilliflowers For Sallets.*

Take the faireſt Clove Gilliflowers; clip off

off the whites from them, put them into a wide mouth'd glass, and strew a good deal of sugar finely beaten among them: then put as much wine vinegar to them as wil throughly wet them, tie them up close and set them in the Sun.

3. *To pickle Oysters.*

Take a peck of the greatest Oysters, open them and put the liquor that comes from them (saved by it self) to as much white wine, & boil it with a pound of Pepper bruised, two or three spoonfuls of large Mace, and a handful of Salt, til the liquor begin to waste away; then put in your Oysters and plump them, and set them off the fire til they be cold, and so put them up in little barrels very close.

4 *To pickle Quinces.*

Boil your Quinces that you intend to keep whole and unpared in fair water, til they be soft, but not too violently for fear you breake them: when they are soft, take them out, and boil some Quinces pared, quartered, and cored, and the parings of the Quinces with them in the same liquor, to make it strong: and when they have boiled a good time, enough to make the liquor of sufficient strength, take out the quartered Quinces and parings, and put the liquor into a pot big enough to receive all the Quinces both whole and quartered, and put them

them into it when the liquor is through cold, and ſo keep them for your uſe cloſe covered.

5 *To keep Goosberries.*

Take a handful or two of the worſer of your Goosberries, cut off their ſtalks and heads, and boil them all to pieces in a pottle of water, putting into the boiling thereof halfe a quarterne of ſugar; then take the liquor, ſtrain it thorow a hair ſtrainer, and while it cooleth, cut off the ſtalks and heads of the faireſt Gooſberries, being very careful you cut not the skin of them above or below, put them into a Gallipot, and pour the liquor in after them.

6 *Purſlane* muſt be uſed as you do the Gooſberries.

7 *How to keep Cucumbers raw.*

Take a Kettle (big enough for your uſe) half ful of water, make it brackiſh with ſalt, boil therein ten or twenty Cucumbers cut in halves; then take the raw Cucumbers, being ſomewhat little, and put them into the Veſſel wherein you wil keep them; and when your liquor is cold, ſtrain ſo much of it into them as may keep the Cucumbers alwaies covered.

8 *To keep boiled Cucumbers.*

Take a Kettle of water, put ſalt to it, boil it wel; then take your raw Cucumbers, put them into it, and keep them with running up and down very ſoftly til they be as it were per-

perboyled: then take them out and lay them aſide til they be cold; then put them up in the veſſel you wil keep them in, and when the liquor is cold, ſtrain it into them til they be all covered.

9 *To pickle Cucumbers to keep all the year.*

Pare a good quantity of the rinds of Cucumbers, and boil them in a quart of running water, and a pint of wine vinegar, with a handful of Salt til they be ſoft: then letting them ſtand til the liquor be quite cold, pour out the liquor from the rinds, into ſome little barrel, earthen pot, or other veſſel, that may be cloſe ſtopped, and put as many of the youngeſt Cucumbers you can gather therein, as the liquor wil cover; and ſo keep them cloſe covered, that no wind come to them, to uſe all the year till you have new. If your Cucumbers be great, 'tis beſt to boil them in the liquor til they be ſoft.

10 *To keep Cowſlips for Sallets.*

Take a quart of white wine vinegar, and half a quarter of a pound of fine beaten ſugar, and mix them together: then take your Cowſlips, pul them out of the pods, and cut off the green knob at the lower ends, put them into that pot or glaſſe wherein you mind to keep them; and wel ſhaking the vinegar and ſugar together in the glaſſe wherein they were before,

poure

poure it upon the Cowſlips, and ſo ſtirring them morning and evening (to make them ſettle) for three weeks, keep them for your uſe.

11 *Violets, Bugloſſe, Borage, Roſemary, Marigolds, Fennel.*

Theſe are all to be uſed as you do your Cowſlips: onely of Fennel you muſt take the ſeeds when they are new put out of the pod.

12 *To keep Broom flowers for Sallets.*

Gather ſo many buds in one day (if you can) as you mean to keep, then take your pot, and lay firſt a lay of white ſalt in the bottome of it, and then a lay of Buds or flowers, then another of white ſalt, and ſo another of Flowers, till you have filled your veſſel ſo full as you can thruſt them down, let them ſtand one day, and if they ſhrink down, fil them up with flowers, and after fil it up with Verjuyce, and lay a good deal of ſalt upon the top of it, and ſtop it up cloſe.

13 *To keep Barberies to garniſh your meat, &c.*

Take the worſt of them and boil them in fair water, and ſtrain the liquor from them, and while the liquor is hot, put it into your Barberies, being clean picked, and ſtop them up: and if they mould much, waſh them thorowly in the liquor: then boil the liquor again and

and ſtrain it, and let it cool, and then put it to your Barberries againe.

14 *To keep Artichokes for al the year*

The fitteſt time is about Michaelmas, and then according to the proportion of Artichokes you wil keep, ſeeth ſuch a quantity of water in a pot or pan, ſeaſoning it ſo with white Salt, that it may have a reaſonable taſte; then put a fit quantity of white Salt into the water, and boil them together, and ſcumme them wel, then put a good quantity of good vinegar to them to make the liquor ſomewhat ſharpe, and boile it again. Then boil your Artichokes that you minde to keep, in another liquor, take them out of it, and let them coole; then ſet your firſt liquer again on the fire to boil, and ſcumming it throughly, let it cool again; when it is throughly cold, put it up in ſome Firkin, or large earthen pot, and put in your Artichokes to them handſomely for bruiſing, then cover them cloſe from the aire, and ſo keep them to ſpend at your pleaſure.

15 *To pickle Broom buds.*

Take as many Broombuds as you pleaſe, make linnen bags and put them in, and tie them cloſe; then make ſome brine with water and ſalt, and boil it a little; let it be cold, then put ſome brine in a deep earthen pot, and put the bags in it, and lay ſome weight upon them, let

let it lie there til it look black; then ſhift it again, ſo you muſt do as long as it looks black. You muſt boil them in a little cauldron, and put them in vinegar a week or two, then they be fit to eat.

16 *How to pickle Cucumbers.*

Take the Cucumbers and waſh them clean, and dry them clean in a cloth; then take ſome water, vinegar, ſalt, fennel tops, and ſome dill tops, and a little Mace; make it faſt enough, and ſharpe enough to the taſte; then boile it a while, and then take it off, and let it ſtand and be cold, and then put in the Cucumbers, and lay a board on the top to keep them down, and tie them cloſe, and within a weeke they will be fit to eat.

17 *To make a gallendine ſawce for a Turky.*

Take ſome Claret wine and grated bread, and a ſprig of Roſemary, a little beaten Cloves, a little beaten Cinnamon, and ſome ſugar.

Spoon meats.

18 *The beſt Clouted Cream.*

Take eight pints of Milke warme from the Cow, ſet it on the fire, make it ready to boile; then poure it into bowls, and fleet it that night: if you would have it thick, put in a quart of Cream to it.

19 *Ano-*

19 *Another way for the ſame in a leſſe proportion*

Take a quart of Cream or a pottle, ſet it in two diſhes, on two Cafingdiſhes of coals, and cover them with two other diſhes: and as it heateth, uncover the Cream ever and anone, and with a ſpoone take off the film that riſeth, and put it in another diſh, and cover it againe til more be riſen, and take it ſtil off, and let it ſo riſe by leiſure, the longer the better; when there wil riſe no more filme, pour out the uppermoſt of the Creame into a Platter alone, and ſet it on a Chafingdiſh of coals, with a quick fire; then take the yolk of an egge or two, well beaten, and ſtrain them with a ſpoonful of cold Cream, and a little Sugar and Roſe water to ſeaſon it, and put it in as ſoon as the Creame beginneth to boil up, and ſtirring them together ſoftly, let them have a walme or two, and put them in another diſh to coole, and ſerve them.

20 *To make the ordinary Clouted Cream.*

When you have taken your Milke from the Cow, ſet it on the fire preſently in a broad veſſel, and ſo keep it on the fire from morning til night, and be ſure it ſeeth not all the while; then take it off the fire, and ſet it on a Board or Table, and ſo let it ſtand all night, and in the morning take off the Cream, and diſh it at your pleaſure.

21 *To make Almond Milk.*

Take a rib of Mutton or Veale, or rather a Chicken, boil it in fair water, put thereto French Barley, a Fennel root, a Parſly root, Violet leaves, Strawberrie leaves, and Cinquefoyle leaves, and boil them altogether til the meat be over boiled; then ſtraine out the liquor from the reſt: while they are boiling, blanch a proportion of Almonds, anſwerable to the liquor, beat them wel in a clean ſtone Mortar, and then grind them therein with Roſe water and ſugar; and when they are wel ground, put in all your liquor by little and little, & grind with them, til they be al wel compounded, then ſtrain it into a fair glaſs, and uſe it at your pleaſure.

22 *To make a Culleſſe*

Take a Cock, bruiſe all his bones and put them into a pot of fair water, ſet it over a charcoale fire, boile it and ſcumme it wel; put therein French Barley, Fennel roots ſliced, and the pith taken out, Parſly roots ſliced, leaves of Violets, Strawberries, Lettice and Succory; boil all theſe togethet til the Cock be boiled all to pieces: then take a fit proportion of blanched Almonds, grinde them wel with Sugar and Roſe water, in a Stone Mortar, then put to them the Cock, bones and all, and beat him all to pieces in the Mortar, then put in all the broth by little

little and little, and compound them by beating, as in the Almond Milk, and ſo ſtrain them out all into a fair Skillet; then put into it a fit quantity of large Mace and Cinnamon whole, but bruiſed, and alike of Ginger ſliced; ſet it then upon the fire again, and let it boyle half an hour, and keep it ſtill with ſtirring, then letting it run thorow a clean cloth into a Pipkin, there keep it til you uſe it, and then warm it in a Porrenger, and drink it.

23 *The beſt way to make a Sack Poſſet.*

Take a dozen of eggs exceeding wel beaten, put to them a pint of Sack, and ſtir them wel, that it curd not; then put to it three pints of your beſt ſweet Cream, half a pound of Sugar very finely beaten, and ſtirring them wel together til the ſugar be fully melted in them, ſtrain it altogether into a Baſon, big enough to receive it all: then ſet it in the Baſon, on a pot of boiling water, keeping the pot boiling until the Poſſet be like a Cuſtard, and as thick: then take it off, and keeping it til you think it be cool enough to eat, ſtrew your beaten Spices wel and thick upon it, and ſerve it.

24 *A Sack Poſſet without milk.*

Take thirty Eggs, beat them ſo wel, that you may take them up with a ſpoon, like as you do milk or broth; and while they are beating

ting, take a quart of Sack, halfe a pound of fine ſugar finely beaten, and a pint of ſtrong Beere, and make them boil a very little while upon a ſoft fire; then take them off the fire and put the Eggs into them as ſoon as it comes off, and ſtirring them up wel together, put them into a fit Baſon to receive them, and covering them cloſe with a diſh; ſet them on a ſoft fire again, til they riſe to a Curd; then take it off the fire, ſtrow it with Cinnamon and ſugar, and ſerve it.

25 *An Almond Caudle.*

Blanch Jordan Almonds, beat them with a little ſmal Ale, and ſtrain them out with as much more Ale as you mind to make your Cawdel of: Then boil it as you do an Egge Cawdel, with a little Mace in it; and when it is off the fire, ſweeten it with ſugar.

26 *To make the Dutch Cream.*

Take your Cream, boil it with ſome Mace and Cinnamon in it, then take it off, cool it a little, and put in as much Roſe water and ſugar as wil make it ſweet, and give it a good taſte; then put in as much Runnet as wil be ſufficient to make it run, and then diſh it and ſerve it.

27 *To make freſh Cheeſe in Cream.*

Take a pottle of good Milk as it comes from the Cow, and halfe a pound of blanched Almonds beaten very ſmal, and make a thick Almond milk, with a pint of Cream ſtrained, and

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a little before you go to dinner make it blood-warm, ſeaſon it with a little ſugar, Roſe water, and ſearced Ginger, and put to it a little Runnet; and when it is ſcummed, bread it up and whey it, and put it into a Molde, and preſſe it with your hand, and when it is wel wheyed, then put it into a diſh with Cream: you may garniſh it if you pleaſe, with a dozen of Wafers made of fine flower, ſugar and water.

28 *A meſſe of fine Cream.*

Take a quart of Cream, ſet it on the fire, til it be ready to boil, then put into it ſeven yolks, and two whites of eggs very wel beaten together, and boil them (keeping them well ſtirred) til it be almoſt as thick as a Cuſtard; then take it off the fire, and let it ſtand til the Whey be ſetled from it; then ſtrain the thick of it thorow a cloth into a Baſon, and making it as ſweet as you pleaſe, with Roſewater and Sugar, diſh it, ſcraping a little Sugar upon it.

29 *To make French Frumenty.*

Boil your French Barly in two waters firſt, and then in the third, whereof you ſhall make your Frumenty: when it is almoſt boiled enough, put into it ſome yolks of eggs wel beaten, and boil them a while: you muſt have your Jordan Almonds ready blanched and laid a good while in cold fair water, then beate them very ſmal with a little Roſe water, and

ſtraine

ſtrain their milk from them, and put it into your Frumenty, when it is ready to take off the fire, or you may boil them a little while together; then take it off the fire, ſeaſon it with ſome ſugar and ſerve it.

30 *How to make a Goosberry Fool.*

Take your Goosberries and pick them, and put them into clean water, and boil them till they be all as thick that you cannot diſcerne what it is: to the value of a quart take ſix yolks of eggs ſmal beaten with Roſe water; and before you put in your eggs, ſeaſon it wel with ſugar, then ſtrain your eggs, and let them boile a little while; then take it up, put it in a broad diſh, and let it ſtand til it be cold; thus it muſt be eaten.

31 *How to make a Goosberry Cuſtard.*

Take as many Goosberries as you pleaſe, boil them til they be ſoft; then take them out and let them ſtand and cool, and drain them, draw them with your hand thorow a canvas ſtrainer, then put in a little Roſe water, Sugar, and three whites of eggs, and ſtir them all together; put them in a skillet and ſtir them apace, elſe they wil burn; let them ſtand and cool a little while, and take them off and put them in a glaſſe.

32 *To make pap of Barly.*

Take Barly and boil it in fair water ſoftly until it begin to break; then put that liquor out, then put as much hot water to it, as you put forth, and ſo let it boil til it be very ſoft, then put it into a cullender and ſtrain it; then take an handful of Almonds and grind them very wel with your barley, and ſome of your liquor, ſo ſeaſon it with ſugar and a little Roſe water, a little whole Mace and Cinnamon, and boile them wel together.

33 *The Lady of* Arundels *Manchet.*

Take a buſhel of fine wheat flower, twenty eggs, three pound of freſh butter, then take as much ſalt and barm as to the ordinary Manchet; temper it together with new milk prettie hot; then let it lie the ſpace of half an houre to riſe, ſo you may work it up into bread and bake it: let not your oven be too hot.

34 *To make Spiced bread.*

Take two pound of Manchet paſte, ſweet Butter halfe a pound, Currants halfe a pound, Sugar a quartern, and a little Mace (if you will put in any) and make it in a loafe, and bake it in an Oven no hotter then for Manchet.

35 *To make Buttered loaves.*

Take half a peck of fine flower, a pint or more of Yeſt, the Yolks of twenty egges, one pound of Butter, of Cloves and Mace half an ounce, of Cinnamon and Ginger one ounce, but the leaſt part of Ginger, a little Pepper, let the ſpices be beaten very ſmal; make Dough of all theſe, and work them in pieces as big as Manchets, and bake them: when it is baked, pare away the Cruſts, and ſlice them in Toaſts, and ſteep them in clarified Butter in a fair Charger: then poure fine ſugar powdered between every of them, and make them up like loaves.

36 *To make Almond Butter.*

Blanch one pound of Almonds, or more or leſſe as you pleaſe, lay them foure houres in cold water; then ſtamp them with ſome Roſe water as fine as you can, put them in a cloth, & preſſe out as much milk as you can, and then if you think they be not enough, beat them and ſtrain them again, til you get as much milk of them as you can; then ſet it on the fire til it be ready to boil, putting in a good quantity of Salt and Roſe water to turne it; after one boiling being turned, take it off, caſt it abroad upon a linnen cloth, being holden between two, then with a ſpoon take off the Whey under the cloth, ſo long as any wil drop or runne; then take ſo much of the fineſt Sugar you

can get, as wil ſweeten it, and melt it in as much Roſe water as will ſerve to diſſolve it, put thereunto ſo much Saffron in fine powder as wil colour it, and ſo ſteeping the Saffron and Sugar in Roſe water, ſeaſon your butter therewith when you make it up.

CAKES.

37 *To make Barberry Cakes.*

Pick Barberries, and plump them in ſcalding water, as you do to make Conſerves, then take of your beſt ripeſt Apples you can get, and ſcald them very tender; then pare them and take the beſt and ſofteſt of them, and ſtrain it with your Barberrie ſtuff, not too thin for fear of blacks going thorow: then drie your ſtuff in a diſh, upon a Chafingdiſh of coals, and make your ſyrups after the ſame manner, that you do for Apricock Cakes, and when your ſyrup is boiled high enough, cool it a little before you put it into the platter, putting it in by a little at once, ſtirring it up continually: and ſo you ſhall be ſure to have your ſtuffe as thick, or as thin as you like beſt; then lay it upon your plates, and dry it as you do other Cakes, gheſſing at the quantity of your ſugar, according to your own beſt liking.

38 *To make a ſweet Cake, and with it a very ſweet water.*

Take Damask-Roſe leaves, Bay-leaves, Laven-

vender tops, ſweet Marjorome tops, Ireos powder, Damask powder, and a little Musk firſt diſſolved in ſweet water: put the Roſe leaves and herbs into a Baſon, and ſprinkle halfe a quarter of a pint of Roſe water among them; and ſtirring them all together, cover the Baſon cloſe with a diſh, and let them ſtand ſo covered all night, and in the morning diſtil them: ſo ſhal you have at once an excellent ſweet water, and a very fine ſweet Cake to lay among your fineſt linnen.

39 *To make Almond Cakes.*

Take of Jordan Almonds one pound, beate them as you do for Almond milk, draw them thorow a ſtrainer, with the yolks of two or three egs; ſeaſon it wel with ſugar, and make it into a thick batter with fine flower, as you do for Bisket bread: then pour it on ſmal Trencher plates, and bake them in an oven or baking pan; and theſe are the beſt Almond cakes.

40 *To make a Cake.*

Take halfa peck of flower, two pound and a half of currans, three or four Nutmegs, one pound of Almond paſte, two pound of butter, and one pint of Cream; three ſpoonfuls of Roſe water, three quarters of a pound of ſugar, half a pint of Sack, a quarter of a pint of Yeſt, ſix egs; ſo make it and bake it.

41 *To make a Slipcoat Cheese.*

Take five quarts of new milk from the Cow, and one quart of water, and one spoonfull of Runnet, and stir it together, and let it stand till it doth come, then lay your cheese cloth into the vat, and take up your curd as fast as you can without breaking, and put it into your Vat, and let the whay soak out of it self: when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour; then lay two pound weight for one hour more, then turn him when he hath stood two hours, then lay three pound weight for one hour more; then take him out of the Vat, and let him lie two or three hours, and then salt him on both sides; when he is half enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put nettles under and upon him, and change them once a day: the Cheese will come to his eating in eight or nine dayes.

42 *To make the Angelotta Cheese.*

The best time to make it, is in the middest of May: You must take your Milk as it comes from the Cowe, not heating it at all, and put to it some Cream of the Evening Milk, and then put in your Runnet, as you do in other Cheeses; when the Cheese is come, Whey it, but break it not, but put it into your Vat as whole as you can, in the meat, not thrusting it too close at the first, but as it sinks down, fill it up

again

again, and then ſhut it up cloſe, and let it ſtand ſo one night, then take it out and lay it upon a board, caſting ſalt upon it, and ſo let it lie a day or two, turning and ſalting it: then lay it in a Basket or a Flasket with long graſſe under it, and ſo let it dry as you do other Cheeſes.

43 *To keep Cherries all the year.*

Take the faireſt Cherries you can get; but beſure they be not bruiſed; and take them and rub them with a linnen cloth, and put them into a barrel of hay, and lay them in ranks; firſt laying hay in the bottom, and then Cherries, and then hay again: and then ſtop them up cloſe that no air may come neer them, and lay them under a Feather-bed where one lieth continually; for the warmer they are, the better; yet neer no fire: and this doing, you may have Cherries at any time of the year.

FRIGASIES.

44 *Frigaſie of Chickens.*

Kill your Chickens, pull skin and feathers off together, cut them in thin ſlices, ſeaſon them with thime and lemmon minced, nurmeg and ſalt, an handful of ſorrel minced, and then fry it well with ſix ſpoonfuls of water, and ſome freſh butter; when it is tender, take three ſpoonfuls of ver juice, one ſpoonfull of ſugar, beat it together, ſo diſh it with ſippets about.

45 *Frigaſie of Lamb.*

Cut your meat in thin ſlices, ſeaſon it with Nutmeg, Pepper and Salt, mince ſome thyme and Lemmon, and throw it upon your meat; then fry it ſlightly in a pan, then throw in two eggs, beaten in verjuice and ſugar, into the pan, alſo an handful of Goosberries; ſhake it together, and diſh it.

46 *Frigaſie of Rabbets.*

Cut your Rabbets in ſmal peeces, and mince an handfull of thyme and parſlie together, and with a Nutmeg, Pepper and ſalt ſeaſon your Rabbets; then take two Eggs and verjuice beaten together, and throw it in the pan, ſtick it, and diſh it up in ſippets.

47 *Frigaſie of Veale.*

Cut your meat in thin ſlices, beat it wel with a rowling pin, ſeaſon it with Nutmeg, Lemmon and Thyme, fry it ſlightly in the pan: beat two Eggs, and one ſpoonfull of verjuice, and put it into the pan, and ſtir it together, and diſh it.

Diverſ other ways to dreſs Fleſh.

48 *How to boil a Capon handſomly.*

Take the fat end of a neck of mutton, and cut it into two or three pieces, making one piece of two or three bones; and boil theſe with

with your Capon: and of herbs, take an handfull of parſley, as much thime, and half as much Endive, and binde them up in a bunch together, and boil them with your Capon; when it is boiled enough, ſeaſon it with Salt and Verjuice: then take a deep diſh, and cut into it ſops of a fine ſtale Mancher, and ſcald them with the fat which cometh off the Capon and Mutton: You muſt boil readie in a Pipkin or ſome skillet, halfe a pound of choice prunes, till they be well and plump, but not over boyled: and when you ſerve up your Capon, garniſh the diſh ſides with your Prunes, and lay them thick upon your Capon. You may alſo boile ſome marrow with your prunes, and lay it on your Capon.

47 *To roaſt a ſhoulder of Mutton with Lemmons.*

Take a Shoulder of Mutton half roaſted, cut off moſt of the meat thereof in thin ſlices into a fair diſh, with the gravie thereof, put thereto about the quantity of a pint of claret wine, with a ſpoonefull or two at moſt of the beſt Wine vinegar: ſeaſon it with Nutmegs and a little Ginger: then pare off the rindes of one or two good Lemmons, and ſlice them thin into the Mutton, when it is almoſt well ſtewed between two diſhes, and ſo let them ſtew together two or three

walmes: when they are enough, put them in a clean diſh, and take the ſhoulder blade (being wel broiled on a Gridiron) and lay it upon the meat, garniſhing your diſh with ſome ſlices and rinde of the Lemmons, and ſo ſerve it.

50 *To make Veale Toots or Olives.*

Take the Kidney of a loyne of Veale roaſted, with a good deal of the fat, and a little of the fleſh, mince it very ſmal, and put to it two eggs, one Nutmeg finely grated, a good quantity of Sugar, a few Currants, a little Salt, ſtir them wel together, and make them into the forme of little Paſties, and fry them in a pan with ſweet Butter.

51 *To make very fine Sawſages.*

Take four pound and a half of Pork, chop it ſmal, and put to it three pound of Beefe Suet, and chop them very ſmal together; then put to them a handful of Sage finely ſhred, one ounce of Pepper, one ounce of Mace, two ounces of Cloves, a good deal of Salt, eight eggs very wel beaten before you put them in: then work them wel with your hand til they be throughly mingled, and then fill them up. Some like not the egges in them: it is not amiſſe therefore if you leave them out.

52 *To make Brawn eat tender and delicate.*

Put collars of Brawn in Kettles of water or other apt veſſels, into an oven heated as you would for houſhold bread; cover the veſſels, and ſo leave them as long in the Oven as you would do a batch of bread. A late experience amongſt Gentlewomen, far excelling the old manner of boiling Brawn in great Kettles. Quere, if putting your liquor hot into the veſſels, and the Brawn a little boiled firſt, by this means you ſhal not give great expedition to your work?

53 *To boil a Capon in white broth.*

Boil your Capon by it ſelf in fair water, then take a ladle ful or two of mutton broth, and a little white wine, a little whole Mace, a bundle of ſweet herbs, and a little marrow; thicken it with Almonds, ſeaſon it with ſugar and a little verjuyce; boil a few Currants by themſelves, and a Date quartered, (leſt you diſcolour your broth) and put it on the breſt of your Capon, Chicken, or Rabbet: If you have no Almonds, thicken it with Cream or with yolks of eggs: Garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

54 *To roaſt a ſhoulder of Mutton with Oyſters*

When you open the Oyſters, ſave the liquor; then

then ſeaſon them with pepper, and a little cloves and mace, and herbs finely chop'd, and the yolks of two or three egs chopped ſmal, and ſome currans perboiled a little; then ſtuff your ſhoulder of mutton thick with your oyſters, then ſeaſon it and lay it to the fire and roaſt it; then take the reſt of your Oyſters and boil them with a little white wine and ſome butter, this is ſawce for a ſhoulder of mutton. When your oyſters are opened you may perboil them in their own liquor, then take them out and ſeaſon them.

55 *To boil a Mallard with Cabbage.*

Halfe roaſt your fowl, then take it off and caſe it down, then put it into a pipkin with the gravie, then pick and waſh ſome Cabbage and put to your Mallard, with as much fair water as wil cover it; then put in a good piece of butter and let it boil an hour; ſeaſon it with pepper and ſalt, and ſerve it upon ſops.

56 *To ſtew a Mallard.*

Roaſt your Mallard half enough, then take it up, and cut it into little pieces, then put it into a diſh with the gravie, and a piece of freſh butter, and a handful of parſly chop'd ſmall, with two or three onions and a cabbage lettice; let them ſtew one hour, then ſeaſon it with pepper and ſalt, and a little verjuyce, then ſerve it.

57 *To ſouce a young Pig.*

Take a young pig being ſcalded, boil it in faire

faire water and white wine, put thereto bay leaves, whole Ginger and Nutmegs quartered, a few whole Cloves; boil it throughly, and leave it in the ſame broth in an earthen pot.

58 *To roaſt a Pig with a Pudding in his belly.*

Flay a fat Pig, truſs his head looking over his back; then temper as much ſtuff as you think wil fil his belly, then put it into your Pig, and prick it up cloſe: when it is almoſt roaſted, wring out the juyce of a Lemmon; when you are ready to take it up, take foure or five yolks of egs, and waſh your Pig all over; mingle your bread with a little Nutmeg and Ginger, then dry it and take it up as faſt as you can: let your ſawce be vinegar, butter and ſugar, the yolk of an hard egg minced, and ſerve it hot.

PUDDINGS

59 *How to make an Italian Pudding.*

Take a Manchet and cut it in ſquare pieces like a die; then put to it half a pound of beefe ſuet minced ſmal, raiſins in the ſun the ſtones pick'd out, Cloves, Mace, minced Dates, ſugar, marrow, Roſe water, Egs and Cream; mingle all theſe together, and put it into a diſh fit for your ſtuff; in leſs then an hour it wil be baked; then ſcrape on ſugar, and ſerve it.

60 To

60 *To make a Haggeſſe Pudding*

Take a fat Haggeſſe; perboil it wel, take out the Kernels, ſhred it ſmal, and temper it with a handful or two of grated Manchet, then take three or four Eggs wel beaten, Roſewater and Sugar, Cloves, Nutmegs, Cinnamon, Mace, very finely beaten, Currans and Marrow good ſtore, temper them all together, with a fit quantity of Cream, being firſt moderately ſeaſoned with Salt.

61 *To make the beſt white Puddings.*

Take a pound of Almonds, blanch them, ſtamp them, putting in a little milke ſometime to them in the ſtamping: then put to them three handfuls of fine flower, or as much grated bread firſt baked in an oven; ſix egs well beaten, a good deal of marrow cut in little pieces: ſeaſon them with Nutmegs and Sugar, three ſpoonfuls of Roſe water and a little ſalt: temper them all together with as much Creame as wil ſerve to wet or mingle them, and ſo fill them up.

62 *A Rice Pudding.*

Take thin Creame, or good milk of what quantity you pleaſe, boil it on the fire with a little Cinnamon in it, and when it hath boiled a while, take out the Cinnamon, and put in Roſe water and Sugar enough to make it good and ſweet; then having your Rice ready beaten as

fine

fine as flower (and ſearced, as ſome do it) ſtrow it in, til it be of the thickneſſe of a haſty Pudding: then poure it into a diſh, and ſerve it at the Table.

63 *To make a fine Pudding in a diſh.*

Take a penny white loaf and pare off all the cruſt, and ſlice it thin into a diſh, with a quart of Creame, and ſet it to boile over a Chafingdiſh of coals til the bread be almoſt dry, then put in a piece of ſweet butter, and take it off, let it ſtand in the diſh til it be cold, then take the yolks of three eggs and the white of one, with ſome Roſe water and ſugar, and ſtirring them all together, put them into another diſh well buttered, and bake it.

64 *To make the beſt Puff-paſte.*

Take two great handfuls of fine flower, the whites of two eggs, and one yolk, beate them a little together, with two ſpoonfuls of Roſe water, and put them to the flower, and work it into the paſte (with as much cold water as is fit) very wel together: then rol it out like a Paſty, and take one pound of ſweet butter, (beating it a little to make it ſoft) and lay it all over the Paſte in little pieces, and fold it over, and wel rol it out again, laying on more butter as you did before, til the butter all be wrought in, and if it be too ſoft, ſtrew a little flower before you rol it all over: be very careful

ful you rol it not too thin, leſt the butter come thorow, for if it cleave to the Table it wil not be good: Rol out a piece thin to lay in the bottome of a diſh, or on a paper, and put on it Apples, or what you like beſt, and cover them over with ſome of the Paſte, and cut it round about with Peakes, that it may riſe up in the baking.

Pies and Baked meats.

65 *To make an Artichoke Pie*

Boil your Artichokes, take off all their leaves, pul out all the ſtrings, leaving only the bottomes; then ſeaſon them with Cinnamon and ſugar, laying between every Artichoke a good piece of butter; when you put your Pie into the oven, ſtick the Artichokes with ſlices of Dates, and put a quarter of a pint of white wine into the Pie, and when you take it out of the oven, do the like again, with ſome butter, ſugar and Roſewater, melting the butter upon ſome coals before you put it into the Pie.

66 *To make a Neats-foot Pie.*

Take a Neats-foot, dry it in a cloth, then take it and ſhred it with Mutton Suet, as ſmal as you think fit, putting in no ſeaſoning but Nutmegs and ſugar: and to every Pie almoſt a pound of Currants well pickt, when you put it into the oven. And before you ſet it into the Oven, put in a quarter of a pint of white

wine:

wine: and when you take it out, do the like again with a good piece of butter and ſugar.

67 *To bake Beef like red Deer.*

Take a pound of Beef, and ſlice it thin, and half a pint of good wine vinegar, ſome three Cloves, and Mace above an ounce, three Nutmegs; pound them all together; pepper and ſalt according to your diſcretion, and a little ſugar, mix theſe together: take a pound and a half of ſuet ſhred, and beat it ſmal in a mortar; then lay a row of ſuet, and a row of beef, ſtrew your ſpices beaten every lay, then your vinegar; ſo do til yo" have laid in all, then make it up; but firſt beat it cloſe with a rowling pin, then preſſe it a day before you put it in your paſte.

68 *A Calves head Pie (for ſupper)*

Boil your Calves head almoſt enough, cut it in thin ſlices all from the bone, ſeaſon it with 3 beaten Nutmegs, a quarter of an ounce of pepper, and as much ſalt as there is ſeaſoning; then take a handful of ſweet herbs minced ſmal, and two ſpoonfuls of ſugar, and two or three Artichoake bottoms boiled, and cut them in thin ſlices, and the marrow of two bones rowled in yolks of egs, a quarter of a pound of Eringo roots, and a quarter of a pound of Currans; then put it into your pie, & put a quarter of a pound of Butter, and a ſliced Lemmon, three or four blades of Mace, three or foure quartered Dates; let it ſtand an houre or more in the

the Oven; then when you take it out, put into it a cawdle made of ſugar, white wine, verjuice and butter.

69 *A Lark Pie.*

Take three dozen of Larks, ſeaſon them with four Nutmegs and half an ounce of Pepper, and a quarter of an ounce of beaten mace; then take Lumbard pie-meat and fill their bellies if you will: if not, take half a pound of ſuet, and one pound of mutton minced, Raiſins of the ſun half a pound, and ſix apples, minced all together very ſmall; then ſeaſon it with a Nutmeg, Pepper and ſalt, and one ſpoonful of ſweet herbs, and a Lemmon peel minced, one pennie loaf grated, a quarter of a pint of cream, two or three ſpoonfuls of Roſe-water, three ſpoonfuls of ſugar, one or two of verjuice; then make this into boles and put it into their bellies, and put the Larks into your Pie; then put marrow rouled in yolks of Egs upon the Larks, and large mace, and ſliced lemmon, and freſh butter: Let it ſtand in the oven an hour; when you take it out, make a cawdle of butter, ſugar, and white wine Vinegar, and put it into the Pie.

70 *A Skerret Pie.*

Take a quarter of a peck of Skerrets blanched, and ſliced, ſeaſon them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Egs,

Eggs, and a quarter of a pound of Eringo roots, and preserved Lettice, a sliced Lemmon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter; then let it stand one hour in the Oven; then put a cawdle made of white wine, verjuice, butter and sugar into the Pie when it comes out of the Oven.

71 *A Pork Pie.*

Boil your leg of Pork, season it with Nutmeg, Pepper and salt; bake it five hours in a high round Pie.

72 *How to bake a Steak Pie.*

Cut a neck of mutton in steaks, beat them with a cleaver, season them with Pepper and salt and Nutmeg, then lay them in your coffin with butter and large mace, then bake it; then take a good quantitie of parslie and boil it, beat it as soft as the pulp of an apple, put in a quarter of a pint of Vinegar, and as much white wine (with a little sugar) warm it well, and pour it over your Steaks, then shake it, that the gravie and liquor may mingle together: scrape on sugar, and serve it.

73 *To bake Chucks of Veale.*

Perboil two pound of the lean flesh of a leg of Veal, mince it as small as grated bread, with four pound of bief suet; then season it with Biscay Dates and Carawaies, some Rose-water, sugar, raisins of the Sun and currans; cloves, mace, nutmeg, and cinnamon; then mingle them

them all together, fill your Pies, and bake them.

74 *To make Symbals.*

Take fine flower dryed, and as much ſugar as flower; then take as much whites of Egs as will make it a paſte, and put in a little Roſe-water; then put in a quantitie of coriander ſeed and Annis ſeed, then mould it up in that faſhion you will bake it in.

75 *To make Cracknels.*

Take five or ſix pints of the fineſt wheat flower you can get; to which you muſt put in a ſpoonful (and not above) of good Yeſt: then mingle it well with butter, cream, roſe-water, and ſugar finely beaten, and working it wel into paſte, make it in what form you will, and bake it.

TARTS

76 *To make fine Pippin Tarts.*

Quarter, pare, core, and ſtew your Pippins in a pipkin upon very hot embers, cloſe covered, a whole day, for they muſt ſtew ſoftly: then put to them ſome whole Cinnamon, ſix Cloves, and ſugar enough to make them ſweet, and ſome Roſewater: and when they are ſtewed enough, take them off the fire, and take all the ſpice from them, and break them ſmall like Marmelade: and having your coffins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of Puff-paſte, cloſe and fit; ſo bake them, and ſerve them in cold: but you muſt take heed you do not over-bake them.

77 *How*

77 *How to make a Tart of Butter and Eggs.*

Take the yolks of ſixteen Egs, well parted from the whites, three quarters of a pound of Butter well clarified, and ſtrain it twice or thrice in a fair ſtrainer (ſeaſoned with ſugar and a little Roſewater) wherein Spinage firſt a little boiled hath been ſtrained, to make it green. Be ſure your paſte be well made, and whole, and ſo bake it up, and ſerve it.

78 *A Tart of Strawberries.*

Pick and waſh your Strawberries very clean, and put them in your paſte one by another as thick as you can: then take Sugar, Cinnamon, and a little Ginger, finely beaten, and well mingled together, caſt them upon the Strawberries, and cover them with the lid finely cut into Lozanges, and ſo let it bake a quarter of an hour, then take it out, and ſtrewing it with a little Cinnamon and Sugar, ſerve it.

79 *A Tart of Hips.*

Take Hips and cut them, and take out the ſeeds very clean, then waſh them, ſeaſon them with Sugar, Cinnamon and Ginger; then cloſe your Tart, bake it, ice it, ſcrape on ſugar, and ſerve it.

80 *A Tart of green Peaſe.*

Take green Peaſe, and ſeethe them tender, then pour them out into a cullender, ſeaſon them with Saffron, ſalt, and ſweet butter, and

and ſugar; then cloſe it, then bake it almoſt an houre, then draw it forth and ice it; put in a little verjuyce and ſhake it well, then ſcrape on ſugar and ſerve it.

81 *To make a Tart of Wardens.*

You muſt firſt bake your wardens in a pot, then cut them in quarters, and core them, then put them into your Tart with Sugar, Cinnamon and Ginger; then cloſe up your Tart, and when it is almoſt baked, do it as your warden Pie, ſcrape on ſugar and ſerve it.

82 *To marble Beef, Mutton or Veniſon.*

Stick any of theſe with Roſemary and Cloves, then roaſt it, being firſt joynted very wel, then baſte it often with water and ſalt; and when it is throughly roaſted, take it up and let it coole; then take Clarret wine, and vinegar, and as much water, boile it with Roſemary, Bayes, good ſtore of Pepper, Cloves, Salt; when it hath boiled an houre, take it off and let it cool; then put your meat into a veſſel, and cover it with this liquor and herbs, then ſtop it up cloſe, the cloſer you ſtop it, the longer it wil keep.

83 *To marble Fiſh.*

Take Flounders, Trouts, Smelts, or Salmons, Mullets, Makrel, or any kind of ſhelfiſh; waſh them and dry them in a cloth, then fry them with ſallet oyl or clarified butter; fry them

them very criſp; then make your pickle with clarret wine and fair water, ſome Roſemary and Thyme, with Nutmegs cut in ſlices, and pepper and ſalt; when it hath boiled halfe an houre, take it off and let it cool; then put your fiſh into a veſſel, cover it with liquor and ſpice, and ſtop it cloſe.

84 *To make a very good Tanſie.*

Take fifteen eggs and ſix of the whites, beat them very wel, then put in ſome ſugar and a little ſack, beat them again; then put in about a pint or a little more of Cream, and beat them again; then put in the juyce of Spinnage or of Primroſe leaves, to make it green; then put in ſome more ſugar, if it be not ſweet enough, then beat it again a little, and ſo let it ſtand til you fry it; when the firſt courſe is in, then fry it with a little ſweet butter; it muſt be ſtirred and fryed very tender: when it is fryed enough, then put it in a diſh, and ſtrew ſome ſugar upon it and ſerve it in.

85 *To make excellent bottle Ale.*

Take two or three drops of the extracted oyl of Sage, and mingle it with a quart of Ale; brewing the ſame wel out of one pot into another; and this way a whole ſtand of Sage-Ale is very ſpeedily made. The like is to be done with oyl of Mace or Nutmegs: But if you wil make a right Goſſips cup, that ſhal far exceed all

all the Ale that ever mother *Bunch* made in her life time; then in the bottling up of your best Ale, tun half a pint of white Ipocras that is newly made, and after the best Receipt, with a bottle of Ale; ſtop your bottle cloſe, and drink it when it is ſtale. Some commend the hanging of roaſted Oranges prickt ful of cloves in the veſſel of Ale, til you find the taſte thereof ſufficiently graced to your own liking.

86 *The particulars of the Ipocras made uſually in* London.

Cinnamon one ounce, Ginger one ounce, Nutmegs half an ounce, Cloves, Coriander ſeed, long Pepper, of each one quarter of an ounce, bruiſe all theſe in an mortar; Sugar one pound, Roſewater a fit quantity; milk half a pint, Roſemary a little to lay in the bottome of the bag; a gallon of the pleaſanteſt High-Country White wine. Some add to this a quantity of Galingal, and ſome Raiſins of the Sun.

JELLIES.

87 *How to make a fine Cryſtal Jelly.*

Take a knuckle of Veal and four calves feet, and ſet them on the fire with a gallon of fair water, and when the fleſh is boiled tender, take it out; then let the liquor ſtand ſtill till it be cold; then take away the top and the bottome of

of that liquor, and put the reſt into a clean pipkin, and put into it one pound of clarified ſugar, four or five drops of oyl of Cinnamon and Nutmegs, a grain of Musk, and ſo let it boil a quarter of an hour leiſurely on the fire; then let it run thorow a Jelly-bag into a baſon, with the whites of two egs beaten; and when it is cold, you may cut it in lumps with a ſpoon, and ſo ſerve three or four lumps on a plate.

88 *To make Jelly of Pippins.*

Take Pippins and pare them, and quarter them, and core them, lay them in water; and when you ſet them on the fire, ſhift them in another water, and put them in a skillet, and put in as much water as wil cover them and a little more, ſet them over the fire and make them boil as faſt as you can; when the Apples are ſoft, and the liquor taſtes ſtrong of the Apples, then take them off, and ſtrain them thorow a canvas cloth gently, take to a pound of juice a pound of ſugar, then ſet it on the fire, when it is melted, ſtrain it into a baſon and rince your skillet again: ſet it on the fire, and when it is boiled up, then ſcumme it, and make it boil as faſt as you can, and when it is almoſt boiled, put in the juyce of three Lemmons ſtrained thorow a cloth: if you wil have Orange pil, pare it thin that the white be not ſeene, and then lay them in fair water all night, then

boil them in the water til the pil be ſoft; then put it into the ſyrup, and ſtir it about, and fill your glaſſes, and let it ſtand til it be cold; and then it is ready to eat.

89 *To make a Jelly.*

Take either Veal, a Cock, or (which is beſt of all) Calves feet, boil them wel in one water, or as they cal it, ſcald them til you can get off the skin and clawes, ſo make them very clear, and let them cool.

Then ſet on more water, and when it ſeeth-eth, put in the Calves feet (which for theſe proportions may be four or ſix) and let them boil until they wil Jelly, which you ſhal know by letting it ſtand til it be cold: when it is enough, ſtrain the cleareſt from the other, and let the beſt ſtand til it be cold.

Then an hour after ſet it on the fire again, and put to it a pint of white wine, and ſo much ſugar as wil make it ſweet; two ounces of Cinnamon bruiſed in a Morter, one ounce of Nutmegs, and the white of one Egg wel beaten, and when it beginneth to boile, after they are put in, put in two or three ſpoonfuls of white-wine Vinegar: then make ready your white Cotton bag, and put in the bottom thereof a ſprig or two of Roſemary; and while this is doing, ſet the liquor on the fire againe, and when it beginneth to ſeeth, put in the white of one

one egge more well beaten firſt: then take it off the fire, and let it run thorow the Cotton bag, then take that which is run thorow, ſet it on the fire again; as ſoon as it ſeetheth, put in another white of an egge, and then let it run thorow the bag again: do ſo again the third time, after it is heated and clarified, and then it wil be enough; then put it up in glaſſes wel covered, and not in pipkins or gallipots: and keep it for your uſe.

90 *A direction to make a Jelly.*

Take three Calves feet, flea and waſh them very clean, take alſo a fleſhie Pullet, or a piece of Veal, pick the fat away and put them into an earthen pan or baſon, and to them ſo much water as wil cover them, ſteep it therein two daies & a night, changing the water, and bruiſing the fleſh ſix or ſeven times a day, then put it into a clean braſs pot, pour to it more then a gallon of fair water, keep it boiling and alwaies ſcummed, til it come to the height of a Jelly, putting thereto firſt, when you ſee the liquor half waſted, more then a pint of white wine. When it is enough, ſtrain it thorow a double linnen cloth, let it ſtand til it be cold, when if you can ſee any fat, take it off lightly; then pour the Jelly into a baſon, ſet it on a Chafingdiſh of coals, and put thereto of the fineſt ſugar finely beaten ſo much as wil ſweeten it throughly, then take of Cinnamon ſcraped and groſs beaten, half a pound, three Nutmegs, one ounce of

white Ginger ſcraped and groſly bruiſed a little, and a very little——ſcraped and only broken, ten Cloves bruiſed a little, and a very little white ſalt, put to them the whites of eight eggs (new laid) lightly beaten together, ſtirre them together til they be all throughly mixed, ſo let it boile ſoftly til it taſte of the ſpice, and in the places where it riſeth in boiling, drop in here and there a ſpoonful of white wine vinegar, and laſtly three ſpoonfuls of the beſt damask-Roſe water; when you find it boiled enough, take a clean Jelly bag, put into the bottome of it, of Thime and Roſemary of each a branch, three branches of ſweet Marjorome, a handful of Violets if they may be had: ſprinkle the herbs and bag with good ſtore of Damask-Roſewater, hang the bag neare a good fire, and put therein your Jelly, taking great heed that no duſt or ſmoak hurt it, and ſo let it run into a clean baſon thorow your bag twice at leaſt, then put it up in fitteſt ſort for your uſe.

LEACHES.

91 *To make Leach of Ipocras.*

Take one pint of Ipocras, two ounces of Iſonglas, ſix ſpoonfuls of Roſe water, two grains of Musk, and four ounces of ſugar candy, boil it leiſurely upon a chafingdiſh of coals, then let it run thorow a Corten bag into a baſon; and when you ſerve it, cut it in what faſhion you will with a ſpoone, knife, or otherwiſe; being coloured as you pleaſe.

92 *To*

92 *To make fine white Leach of Almonds.*

Take half a pound of ſmal Almonds, beate them and ſtrain them with Roſewater and ſweet milk from the Cow, put into it two or three pieces of large Mace, one grain of Musk, two ounces of Iſonglas, and ſo boil it on a Chafingdiſh of coals, a quarter of an hour, till it wil ſtand, which you ſhal try thus: Set a ſawcer on, or in a little cold water, ſo that none come into it, and put a ſpoonful of the Leach into it, and if you ſee that ſtand, take the other off the fire, then you may ſlice it in what faſhion you pleaſe.

93 *To make Leaches.*

Take a pottle or gallon of Milk, as you think fit: make it hot as it came from the Cow, then take a quantity of Almonds blanched and ground, anſwerable to the Milk, ſtrain them with the milk, and ſeeth them with ſo much ſugar as wil ſweeten it, and ſome bruiſed Nutmeg, Ginger, and Cinnamon, and a little Salt tied in a cloth with ſome Roſe water, and one ounce or more of Iſonglas, being waſhed and ſteeped before three or foure hours in faire water: let them ſeethe altogether til it be ſo clammy that it wil cut with a knife; then ſtrain it thorow a cooler, that the Iſonglas may be taken away, and the next day when it is cold, cut it in ſlices into a diſh, and ſerve it. So you may make it red with red Sanders, yellow with Saffron, green with, &c.

94 *The Cooks common white Leach.*

Take the Sinnews of a Cowes heel, the fleſh and fat cut away, ſlice them as thin as you can, and boil them in milk warm from the Cow, till it be ſtiff enough to cut, which you ſhall try with a ſpoon: then ſtrain it thorow a cloth, and ſweeten it with ſugar and a ſpoonful or two of Roſe water: then ſtir them wel together with a ſpoon, and letting it ſtand til it be cold, ſlice it out in what forme you liſt, and ſerve it.

SWEETS.

95 *To make ſweet Bags to lay Linnen in.*

Take Damask Roſe buds, pluck them and dry the leaves in the ſhadow, the tops of Lavender flowers, ſweet Margerome and Baſil, of each a handful, all dried and mingled with the Roſe leaves: Take alſo of Benjamin, Storax, Gallingal roots, and Ireos or Orris roots (twice as much of the Orris as of any of the other) beaten into fine powder; a piece of Cotton wool, wetted in Roſe water, and put to it a good quantity of Musk and Ambergreee, made into powder, and ſprinkle them with ſome Civit diſſolved in Roſewater, lay the cotton in double paper, and dry it over a chafingdiſh of coals: Laſtly take half a handful of Cloves and as much Cinnamon bruiſed, not ſmal beaten, mix all theſe together, and

put

put them up in your Baggs.

96 *Sweet bags to lay among linnen.*

Take Orris, Ciprus, Galamus, Fuſis, all of them groſs beaten, and Gallingal roots, of each a handful, and as much of the ſmal tops of Lavender dried, and put them into bags to lay among your clothes: you may put in a handful or two of Damask-Roſe leaves dried, which will ſomewhat better the ſcent.

97 *Cyprus powder.*

Take of Storax Calamint four ounces; Calamus Aromaticus two ounces; red Roſes two ounces; of Marjorome and Roſemary flowers of each one ounce: Orange pil one ounce and a half, of Cloves and *Lignum Rhodium*, of each two drachms, and fine Musk twenty grains. Make all theſe into powder, and put it up into a bag fitting.

98 *Powder of Violets.*

Take of ſweet Ireos roots one ounce, red Roſes two ounces, Storax one ounce and a halfe, Cloves two drachms, Marjorome one drachm, Lavender flowers one drachm and a halfe, make theſe into powder; then take eight grains of fine Musk powdered alſo, put to it two ounces of Roſe water, ſtir them together, and put all the reſt to them, and ſtir them halfe an hour til the water be dried, then ſet it by one day, and dry it by the fire half an hour, and when it is dry, put it up into bags.

99 *Cyprus Matches to burn in perfume*

Take of Willow wood made into Charcoal, one pound, of Benjamin two ounces, Storax *liquida* one drachm and a halfe, of Storax Calamint one ounce, Marjorome one ounce, Cloves one ounce, of fine Musk ten grains: beat them altogether into powder; then take of Quincy Draggagenty foure ounces, put it in Rose water, and stir them wel together, and let them stand a night and a day; then put all the aforesaid parcels to this Rose water, which must be no more then wil make it into a Paste, and thereof make up your Matches in what forme you list, and let them dry in the shadow, without fire or sun.

100 *How to make a sweet water.*

Take a gallon of Wort, half a gallon of running water, of Lavender and Bay-leaves dried of each two handfuls, of Orris powder one ounce; put all these together in an earthen pot, let them stand one day and one night, stirring them often; the morrow after distil it, putting in a penny worth of Balm: and the water which cometh off the distilling wil be very sweet.

101 *To make a sweet powder.*

Take Orris half a pound, six pence; Ciprus, half a pound, ten pence; Calamus half a pound, eight pence; Fusis half a pound, twenty pence; Benjamin two ounces twelve pence, Musk powder twelve pence; grains one pound, eighteen

pence

pence. Total, ſeven ſhillings two pence.

102 *Another for the ſame,*

Take Benjamin four ounces, two ſhillings; Storax Calaminta three ounces, two ſhillings; Fuſis of Cloves three ounces, nine pence; fine Ireos ſix ounces, two pence; Santalum Citrinum three ounces, eighteen pence; Muſk 20 grains, three ſhillings four pence; Civet ten graines, 20d. Total, eleven ſhillings five pence.

103 *To make the Moſſe powder.*

Take of Moſſe that groweth upon a ſweet Appletree, or a pippin tree, a good quantity, gathered betwixt the two Ladie daies, put the moſſe into a quart of Damask Roſe water, ſtop the glaſſe, ſet it before the fire, let it ſo remain one day and one night; then take it out and lay it on the bottome of a ſieve, put it into an oven and dry it; beat it to powder: then take Benjamin, Storax Calaminta; *Lignum aloes*, of each one ounce; *Muſk*, Ambergreece, Civet, of each ſix ounces, beat all theſe in a mortar together, til they come to a powder, then mix it with the moſſe powder, and it wil be a moſt excellent ſweet powder.

104 *To make a ſweet Bal or powder.*

Take Cloves and Nutmegs, of each one ounce; Cinnamon and Benjamin, of either half an ounce; *Calamus Aromaticus* and white Sinders of each two ounces, beat every of them ſeverally, and ſearce them into fine powder; and then beat them into a paſt with Roſewater.

Take

Take then Storax Calaminta two ounces, Labdanum one ounce, beat them in a mortar with Rosewater til they be wel mixed: and then put the other Paste to them, and beat them together, till they be throughly mixed. Then take Ambergreece, Musk and Civet of each four or six grains, bruise them, and mix them wel together in a Sawcer with a little Rose water; then put them to the other Paste, and work them wel together, warming both the paste and your hands, very wel with a chafingdish of coals wel kindled standing by you, til you have very wel incorporated them together: and then while the paste is warme, make it up into what assize or forme you please.

104 To *make Snow.*

Take a quart of thick Cream, and five or six whites of Egs, a Sawcer ful of sugar finely beaten, and as much Rose water, beat them altogether, and alwaies as it riseth take it out with a spoone: then take a loaf of bread, cut away the cruft, set it in a platter, and a great Rosemary bush in the middest of it: then lay your Snow with a spoone upon the Rosemary, and so serve it.

105 To *make a Funket.*

Take Ews or Goats milk; if you have neither

ther of theſe, then take Cows milk and put it over the fire to warm, then put in a little runnet to it; then pour it out into a diſh and let it coole, then ſtrew on Cinnamon and ſugar, then take ſome of your aforeſaid cream, and lay on it, ſcrape on ſugar and ſerve it.

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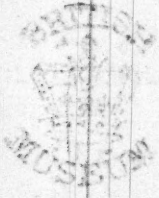

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